---------- Recipe via Meal-Master (tm) v7.05

Title: Baked Cheddar Toast
Categories: Breads, Cheese, Eggs, Main dish
Servings: 6

1 c	Heavy Or Whipping Cream	1 c	Cheddar Cheese; Md, Shredded
1/2 ts	Nutmeg	1/4 ts	White Pepper
4	Eggs; Lg, Well Beaten	12	Bread Slices; White

In the top of a double boiler, combine the cream, cheddar, white pepper, and nutmeg. Stir over hot water until the cheese melts and the mixture is well blended. Remove from the heat and cool to lukewarm. Generously butter a large baking sheet and set aside. Cut the bread slices diagonally and dip each triangle into the cheddar mixture. Place 1/2-inch apart on the baking sheet and bake until browned and bubbly, about 15 minutes. Serve hot.

---------- Recipe via Meal-Master (tm) v7.05

Title: French Toast Cheddar Sandwiches
Categories: Breads, Cheese, Eggs, Main dish, Sandwiches
Servings: 4

2	Eggs; Lg	1/3 c	Milk Or Light Cream
1/2 ts	Salt	8	White Bread; Slices
	Mustard; Prepared	4	Cheddar Cheese; Thick,Slices
3 tb	Butter		

Set out a heavy skillet or cast iron griddle. Beat the eggs slightly in a pie tin or shallow bowl and add the milk or cream and salt, set aside. Spread the bread slices out on a flat working surface. Spread one side of four slices of bread lightly with the prepared mustard. Top each with a slice of cheddar cheese. Butter the remaining four slices of bread and top each cheese slice with bread, butter side down. Heat the butter in the skillet or on the griddle. Carefully dip each sandwich into the egg mixture, coating both sides. Allow the excess egg mixture to drain back into the bowl. Dip only as many sandwiches as will lie flat in the skillet or griddle. Cook over low heat until browned. Turn and brown the other sides. Repeat for the remaining sandwiches and if necessary, add more butter to the skillet or griddle to prevent sticking. Or you can place the sandwiches, after dipping, on a well greased baking sheet and brown in the oven at 450 degrees F. for 8 to 10 minutes. Serve hot.

---------- Recipe via Meal-Master (tm) v7.05

Title: Stuffed Rolls
Categories: Breads, Cheese, Main dish, Sandwiches, Vegetables
Servings: 6

16 oz	Cheddar; Sharp, Shredded	8 oz	Green Olives; Stuffed, *
2	Green Bell Peppers; Md	12	French Rolls; Large
6 oz	Tomato Sauce; *	1	Onion; Md.

* These are approximate sizes. Recipe called for 1 small jar of stuffed olives and 1 can of tomato sauce. It should be to your taste.

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Cut the tops off of the rolls and hollow them out leaving a thin shell. Grind all of the ingredients and bread in a meat grinder or food processor and stuff back into the rolls. Place the tops back on the rolls and secure with tooth picks. Bake on an ungreased cookie sheet at 350 degrees F. for about 45 minutes. Serve Hot.

---------- Recipe via Meal-Master (tm) v7.05

Title: Poppin' Fresh Barbe Cups
Categories: Breads, Cheese, Main dish, Meats, Sandwiches
Servings: 6

3/4 lb Ground Beef; Lean
2 tb Brown Sugar
1/2 c Barbecue Sauce; **
1 tb Onion; Minced
12 Biscuits; *
3/4 c Cheddar; Sharp, Shredded

* Use 1 8-oz tube of store bought biscuits, or your favorite 12 biscuit recipe. ** Use store bought sauce or your favorite recipe.

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In a skillet brown the ground beef and then drain off the excess fat. Add the bbq sauce, onion and brown sugar and set aside. Separate the biscuit dough into 12 pieces and place one in each of 12 ungreased muffin cups, pressing the dough up the sides to the edge of the cup. Spoon the mixture into the cups and sprinkle with the shredded Cheddar Cheese. Bake in a preheated 400 degrees F. oven for 12 minutes. Serve hot. VARIATIONS: Use 1 13-oz can of chili beans in place of the meat mixture (or 1 13-oz can of baked beans, and frankfurters or hot dogs that have been cut into pieces) in place of the meat mixture. You can also add green bell pepper or a hot pepper to the above recipe with good results.

---------- Recipe via Meal-Master (tm) v7.05

Title: Cheddar Crackers
Categories: Breads, Crackers, Cheese
Servings: 6

1/2 c Butter Or Margarine
1/2 ts Salt
1 ds Cayenne Pepper
1 1/2 c Unbleached Flour; Sifted
1 ts Baking Powder
2 c Cheddar; Extra Sharp, *

* The Extra Sharp Cheddar Cheese should be finely grated.

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Stir the dry ingredients into a bowl and then cut in the butter to resemble cornmeal. Blend in the cheddar cheese with a fork until well blended. Mix in the remaining ingredients and shape into 1 1/2 to 2-inch rolls. Chill for 30 to 40 minutes in the refrigerator and then slice each roll into slices about 1/4-inch thick. Bake on an ungreased cookie sheet at 400 degrees F for about 10 minutes. Remove from cookie sheet and let cool. Store the cooled crackers in airtight containers in a cool place. They will keep for several weeks this way and if you freeze them, they will last indefinitely.

---------- Recipe via Meal-Master (tm) v7.05

Title: Cheddar-Olive Bread
Categories: Breads, Cheese, Vegetables
Servings: 6

3 c Cheddar; Sharp, Grated
1 c Mayonnaise
3 oz Pimento-StuffedOlives;Sliced
1 French Bread; Loaf, Unsliced

Mix the cheese, olives, and mayonnaise together. Spread on the cut surface of the French Bread, which has been sliced horizontally. Bake at 350 degrees F for 20 to 30 minutes, then slice into thick slices and serve hot.

---------- Recipe via Meal-Master (tm) v7.05

Title: Chili-Cheese Bread
Categories: Breads, Vegetables
Servings: 6

3 c	Monterey Jack Cheese; Grated	4 oz	Chiles; Chopped, *
1 c	Mayonnaise	1	French Bread; Loaf, Unsliced

* You can use one can of sweet green chiles or jalapenos that have been chopped.

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Mix the cheese, peppers, and mayonnaise, blending well. Spread on the cut surface of the French bread, which has been sliced in half horizontally. Bake at 350 degrees F for 20 to 30 minutes and cut into thick slices and serve hot.

---------- Recipe via Meal-Master (tm) v7.05

Title: Cheddar Fans
Categories: Breads, Cheese, Quickbreads
Servings: 4

5 oz	Cheddar; Sharp, Grated	2 c	Unbleached Flour; Sifted
1 tb	Baking Powder	1 ts	Salt
1/2 c	Butter Or Shortening	1/2 c	Milk
	Butter; Softened		Butter; Melted

Grease the bottoms of 12 muffin pan cups. Grate the cheese into a bowl, if not already grated and set aside. Sift the flour, baking powder and salt into a bowl. Cut in the shortening with a pastry blender or two knives, until the mixture resembles coarse corn meal. Make a well in the center of the mixture and add the milk all at once. Stir with a fork until the dough forms a ball. Gently form the dough into a ball and put on a lightly floured surface. Knead it lightly with the fingertips 10 or 15 times. Roll the dough into a 12 X 10-inch rectangle about 1/4-inch thick. Cut into 5 strips and spread with the softened butter. Sprinkle four strips with the grated cheddar cheese and stack the four on top of one another and top with the fifth strip. Cut into 12 equal pieces and place on end in the muffin cups. Brush the tops of the rolls with the melted butter. Bake at 450 degrees F. for 10 to 15 minutes or until the biscuits are golden brown. Serve hot with butter. Makes 1 dozen Cheddar Fans.

---------- Recipe via Meal-Master (tm) v7.05

Title: Little Cheddar Biscuits
Categories: Breads, Cheese, Quickbreads
Servings: 8

2 c	Unbleached Flour	1 ts	Mustard; Dry
1 ts	Paprika	1/4 ts	Baking Powder
1 c	Butter; Room Temperature	10 oz	Cheddar; Sharp, Grated
1 ts	Worcestershire Sauce		

Combine the flour, dry mustard, paprika and baking powder in a medium bowl. Beat the butter, either by hand or with an electric mixer at medium speed, until light and fluffy. Slowly beat in the cheddar cheese and Worcestershire sauce. Gradually add the flour mixture, stirring with a fork, until well blended. On a lightly floured surface, shape the dough into a long roll about 1 3/4-inches in diameter. Wrap in plastic wrap or foil. Place on a platter and refrigerate for at least 2 hours, better overnight. Preheat the oven to 325 degrees F. Slice the dough about 1/3 inch thick. With your hands, roll each slice into a ball. Flatten slightly and place on an ungreased baking sheet about 2 inches apart. Bake 8 minutes in the preheated oven. Biscuits will only brown slightly on the bottom.

---------- Recipe via Meal-Master (tm) v7.05

Title: Cheddar Biscuits
Categories: Breads, Cheese, Quickbreads
Servings: 8

2 c Unbleached Flour; Sifted
1/2 ts Salt
1/4 c Butter
4 ts Baking Powder
1 c Cheddar; Sharp, Grated
2/3 c Milk

Sift the flour, baking powder, and salt together and mix with the grated cheddar cheese. Cut the butter into the dry ingredients, add the milk and mix quickly but thoroughly. The dough should be soft. Turn onto a floured board and knead lightly for a few seconds. Pat to a 3/8-inch thickness and cut. Bake on a baking sheet in a hot-oven (450 degrees F.) about 30 minutes or until lightly browned. Serve hot.

---------- Recipe via Meal-Master (tm) v7.05

Title: Cheddar Pinwheels
Categories: Breads, Cheese, Quickbreads
Servings: 6

2 c Unbleached Flour; Sifted
1 tb Baking Powder
2/3 c Milk
1/2 ts Salt
1/4 c Butter
1 c Cheddar; Extra Sharp, Grated

Sift the flour, salt, and baking powder together in a mixing bowl and then cut into the butter. Add the milk and stir together quickly but thoroughly. Turn out on a floured board and knead for 30 seconds then roll out to a 1/8-inch thickness. Spread with the grated cheese and roll up tightly like cinnamon rolls. Cut into 3/4-inch slices and transfer to baking sheets and bake in a moderate oven (375 degrees F.) for 20 minutes or until delicately browned.

---------- Recipe via Meal-Master (tm) v7.05

Title: Cheddar Bread Ring
Categories: Cheese, Breads, Yeast bread
Servings: 4

2 3/4 c Bread Flour
1 pk Active Dry Yeast; OR
3/4 ts Salt
2 tb Butter
Butter
2 tb Sugar; Granulated
1 tb Active Dry Yeast; Bulk
1 c Milk
1 1/2 c Cheddar; Sharp, Shredded

NOTE: You can use Unbleached All-Purpose flour in this recipe and up to 3 cups total.

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Combine 1 1/2 cups of the flour, the sugar, undissolved yeast and salt thoroughly in a large bowl. Heat the milk and butter together until very warm (115-125 degrees F.). Gradually add to the dry ingredients and beat at medium speed on an electric mixer for 2 minutes, scraping the bowl occasionally. Add 1/2 cup of the flour and the cheese. Beat fir 2 minutes on high speed on the mixer, scraping the bowl occasionally. Stir in enough additional flour to make a stiff but light dough. Turn the dough out onto a lightly floured surface and knead until smooth and elastic, 5 to 8 minutes. Place in a greased bowl, turning once to grease the top. Cover with a dishtowel that has been soaked in hot water and then wrung out until almost dry. Let rise in a warm place until doubled in bulk, about 1 hour.

Punch the dough down and turn out on a lightly floured surface and shape into a 20-inch rope. Place seam side down in a buttered 6 1/2 cup ring mold, pinching the ends together. Cover and let rise in warm place until nearly doubled in bulk, about 35 to 40 minutes. Bake in a preheated 350 degree F. oven for 25 to 30 minutes. Remove from the ring mold. NOTE: For a softer crust, brush with melted butter while still hot. Crust will become crisp when cool if you do not.

---------- Recipe via Meal-Master (tm) v7.05

Title: Golden Spoon Bread
Categories: Breads, Cheese, Quickbreads
Servings: 6

10 oz	Cheddar; Sharp, Grated	2 c	Milk
4	Egg Yolks; Lg	1 c	Corn Meal; Yellow
1/4 c	Butter	1 ts	Sugar
1/2 ts	Salt	4	Egg Whites; Lg

Thoroughly grease a 1 1/2-quart casserole dish. Place the cheddar in a small bowl and set aside. Scald the milk in the top of a double boiler. Meanwhile beat the egg yolks until thick and lemon-colored then set them aside. When the milk is scalded, add the corn meal very gradually, stirring constantly. Stir until the mixture thickens and becomes smooth. Remove the top of the double boiler from the simmering water and gradually add the beaten egg yolks, stirring constantly. Mix in the grated cheese, butter, sugar and salt. Beat the egg whites, in a small bowl, until round peaks are formed. Gently spread the beaten egg whites over the corn meal mixture then carefully fold together until just blended. Turn the mixture into the greased casserole dish. Bake at 375 degrees F. for 35 to 40 minutes or until a wooden pick or cake tester comes out clean when inserted in the center of the dish. Serve piping hot with butter and maple syrup or honey.

---------- Recipe via Meal-Master (tm) v7.05

Title: Cheddar Dumplings
Categories: Breads, Cheese, Main dish, Quickbreads
Servings: 4

16 oz	Cheddar; Md, Shredded	2	Eggs; Lg
1 c	Unbleached Flour	1 ts	Salt
3 qt	Boiling Water	1/2 c	Butter
1/2 pt	Sour Cream		

----------GARNISHES----------
Paprika Parsley

Mash the cheddar cheese and add the eggs mixing well. Stir in the flour and salt. Drop by TBLS into the rapidly boiling water then cover and boil for 15 minutes. Drain and serve with melted butter and sour cream. Sprinkle with chopped parsley or paprika, if desired.

---------- Recipe via Meal-Master (tm) v7.05

Title: Golden Cheddar Corn Bread
Categories: Breads, Cheese, Side dishes, Quickbreads
Servings: 6

1 c	Corn Meal; White If Poss.	1 c	Unbleached Flour
1 tb	Baking Powder	1 1/2 ts	Salt
10 oz	Cheddar; Sharp, Shredded	1 c	Milk

1/4 c	Butter, Melted	1	Egg; Lg, Beaten

Combine the dry ingredients and then stir in the cheddar cheese. Combine the milk, butter and egg then add them to the dry ingredients, mixing until just moistened. Pour into a greased 8-inch square baking pan and bake at 425 degrees F for 35 minutes. Serve hot.

---------- Recipe via Meal-Master (tm) v7.05

Title: Apple-Cheddar Muffins
Categories: Breads, Cheese, Fruits, Quickbreads
Servings: 4

1/2 c	Shortening	1/2 c	Sugar; Granulated
2	Eggs; Lg	1 1/2 c	Unbleached Flour
1 ts	Baking Soda	1 ts	Baking Powder
1/2 ts	Salt	3/4 c	Oats; Quick Cooking
1 c	Apples; Finely Chopped	2/3 c	Cheddar; Sharp Coarse Grate
1/2 c	Pecans; Chopped	3/4 c	Milk
	Apple Slices; *		Butter; Melted
	Cinnamon-Sugar Mixture		

* You should have 12 to 15 thin slices of unpeeled red apple for this recipe.

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Preheat the oven to 400 degrees F. Cream the shortening and sugar together and add the eggs, one at a time, beating well after each addition. Combine the flour, baking powder, baking soda, and salt in a mixing bowl, mix lightly. Gradually stir the flour mixture into the shortening mixture. In this order, add the oats cheddar and pecans, mixing well after each addition. Gradually add the milk, stirring until all the ingredients are just moistened. Grease the muffin pans and fill each cup 2/3rds full of batter. Dip the apple slices in the melted butter and then into the cinnamon-sugar. Press 1 apple slice into the top of each muffin. Sprinkle lightly with cinnamon-sugar and bake for 25 minutes in the preheated oven, or until golden brown.

---------- Recipe via Meal-Master (tm) v7.05

Title: Quick Cheddar Bread
Categories: Breads, Cheese, Quickbreads
Servings: 4

3 3/4 c	Unbleached Flour	5 ts	Baking Powder
1/2 ts	Salt	1/3 c	Butter
2 1/2 c	Cheddar; Sharp	1 1/2 c	Milk
2	Eggs; Lg, Slightly Beaten		

Combine the dry ingredients, then cut the butter into the flour until the mixture resembles coarse crumbs, then add the cheddar cheese. Combine the milk and eggs then add the mixture to the cheddar mixture. Stir until just moistened, then spoon into a greased 9 X 5-inch loaf pan. Bake at 375 degrees F. hour. Remove from the pan immediately and let cool on a wire rack.

---------- Recipe via Meal-Master (tm) v7.05

Title: Cheesy Corn Bread
Categories: Breads, Cheese, Quickbreads
Servings: 6

1 c	Unbleached Flour	1 c	Corn Meal; White Or Yellow

2	tb Sugar	1	tb Baking Powder
1	ts Salt	1/4	ts Mustard; Dry
2	c Cheddar; Sharp, Shredded	1	Egg; Lg, Slightly Beaten
1	c Milk	1/4	c Vegetable Oil

Combine the dry ingredients, then stir in the cheddar cheese. Combine the egg with the milk and oil. Stir into the cheddar mixture, mixing until just moistened. Pour the mixture into a greased 9-inch square baking pan. Bake at 425 degrees F. for 20 minutes. Cool slightly and cut into squares, then serve warm.

---------- Recipe via Meal-Master (tm) v7.05

Title: Cheddar Squares
Categories: Breads, Cheese, Quickbreads, Vegetables
Servings: 6

2	c Unbleached Flour	1	tb Baking Powder
1	ts Salt	1/3	c Butter
1	c Cheddar; Sharp, Shredded	1/2	c Onion; Chopped
2	tb Pimento; Chopped	2/3	c Milk

Combine the dry ingredients, then cut the butter into the dry mixture until it resembles coarse crumbs. Add the cheddar, onion, and pimento, mixing well. Add the milk, mixing until just moistened. Spread the dough in a 9-inch square baking pan and bake at 450 degrees F. for 25 to 30 minutes or until a wooden pick inserted in the center comes out clean. Cool slightly and cut into squares. Serve warm.

---------- Recipe via Meal-Master (tm) v7.05

Title: Cheddar Date Nut Loaf
Categories: Breads, Cheese, Fruits, Quickbreads
Servings: 4

8	oz Dates; Finely Chopped	2	tb Butter
3/4	c Water; Boiling	1 3/4	c Unbleached Flour; Sifted
1/4	ts Salt	1	ts Baking Soda
1/2	c Sugar; Granulated	1	Egg; Lg, Well Beaten
4	oz Cheddar Md, Shredded	1	c Walnuts; Chopped

Preheat the oven to 325 degrees F. Place the dates and butter in a small bowl and pour the boiling water over them. Let stand for 5 minutes. Stir the dry ingredients together in a large bowl. Add the date mixture, egg, cheddar and nuts. Mix until just blended and spoon the mixture into a well greased 9 X 5-inch loaf pan. Let stand for 20 minutes. Bake for 50 to 60 minutes in the preheated oven or until a wooden pick inserted in the center of the loaf comes out clean. Turn out onto a rack and cool before slicing. NOTE: The flavor improves is the bread stands overnight before serving.

---------- Recipe via Meal-Master (tm) v7.05

Title: No-Knead Cheddar Rolls
Categories: Breads, Cheese, Yeast bread
Servings: 8

1 1/2	c Unbleached Flour; Unsifted	1	pk Active Dry Yeast; OR
1	tb Active Dry Yeast; Bulk	3	tb Sugar
1	ts Salt	3/4	c Milk
1/2	c Water	3	tb Butter
1	c Unbleached Flour; Unsifted	1	c Cheddar; Sharp, Grated
1/4	c Butter	1	Egg Yolk; Lg

1 tb Milk

Place the grated cheese in a small bowl and cover to prevent drying then set aside. Combine 1 1/2 cups unsifted flour, yeast, sugar, and salt in a large mixer bowl, blending thoroughly. Measure 3/4 c of milk, water, and butter into a saucepan and heat until the liquids are warm, 115 to 120 degrees F.. Gradually add the liquids to the dry ingredients in the mixer bowl, beating for 2 minutes at medium speed of the electric mixer, scraping the bowl occasionally. Add and beat in 1 cup of unsifted flour at high speed. Beat for 2 minutes, scraping the bowl occasionally. Mix in enough additional flour (1/2 to 1 cup unsifted) to make a soft dough. (Dough will be slightly sticky.) Put the dough into a greased deep bowl. Cover with waxed paper and a clean towel and let stand in a warm place until the dough has doubled, 45 to 60 minutes. Generously grease several baking sheets. Melt the butter and set aside. Punch the dough down wit a fist and turn the dough out onto a lightly floured surface. Divide the dough into two equal portions. Set one portion aside. Roll the dough into a rectangle 16 X 8-inches. Brush with about one-half of the melted butter. Sprinkle with about one half of the grated cheddar cheese. Cut crosswise into 8 equal portions. Cut into halves lengthwise. Fold each strip into thirds, lapping each side portion over the center third. Place the rolls on a baking sheet. Repeat for the other half of the dough. Beat the egg yolk with the tbls of milk, slightly. Brush the tops of the rolls with the egg yolk mixture. Let rise until doubled, about 30 minutes. Bake at 425 degrees F. for about 8 minutes or until rolls are golden brown. Serve rolls hot.

---------- Recipe via Meal-Master (tm) v7.05

Title: Panhandle Cornbread
Categories: Breads, Cheese, Quickbreads, Vegetables
Servings: 4

1 c	Corn Meal; Yellow	1 tb	Baking Powder
1 c	Cheddar; Sharp, Shredded	2	Eggs; Lg, Beaten
1/2 c	Vegetable Oil	1 c	Dairy Sour Cream
8 oz	Corn; Cream Style, 1 Cn	4 oz	Green Chile Peppers; Chopped

Preheat the oven to 400 degrees F. and generously grease a 12 cup bundt or 9-inch tube pan; set aside. In a large bowl, combine the cornmeal and baking powder. Stir in the cheddar. In a medium bowl, beat the eggs, oil, sour cream, corn and chiles together. Add to the cornmeal mixture. Stir until just moistened and then spoon the batter into the prepared pan. Bake for 40 to 50 minutes in the preheated oven until a wooden pick inserted in the center comes out clean. Cool on a rack for 10 minutes then invert over a serving plate.

---------- Recipe via Meal-Master (tm) v7.05

Title: Hearthside Cheddar Bread
Categories: Breads, Cheese, Fruits, Quickbreads
Servings: 4

2 1/2 c	Unbleached Flour	1/2 c	Sugar
2 ts	Baking Powder	1 ts	Salt
1/2 ts	Cinnamon; Ground	3/4 c	Milk
1/4 c	Vegetable Oil	2	Eggs; Lg
1 1/2 c	Apples; Cooking, *	2 c	Cheddar; Sharp, Shredded
3/4 c	Walnuts Or Pecans; Chopped		

* Apples should be the cooking type (sour not sweet eating apples). They should be peeled, cored, and chopped.

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Preheat the oven to 350 degrees F. and grease and flour a 9 X 5-inch loaf

pan. In a large bowl, combine the flour, sugar, baking powder, salt and cinnamon. Make a well in the center of the dry ingredients and add the milk, oil, and eggs. Stir until thoroughly combined. Gently stir in the chopped apples, cheddar cheese, and nuts. Bake for 1 hour and 15 minutes in the preheated oven until loaf is browned and sounds hollow when tapped on the bottom. Cool in the pan on a rack for 5 minutes. Remove from the pan and cool to room temperature, on a wire rack, before slicing.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sunrise Popovers
Categories: Breads, Cheese, Quickbreads
Servings: 8

4 tb	Vegetable Shortening	1 1/3 c	Unbleached Flour
1/2 ts	Salt	2/3 c	Milk
2/3 c	Water	4	Eggs; Lg
1/2 c	Cheddar; Sharp, Shredded		

Preheat the oven to 375 degrees F. Place eight 6-oz custard cups on a large baking sheet. Spoon 1 1/2 tsp of shortening into the bottom of each custard cup and set aside. Combine the flour and salt in a large bowl, then gradually stir in the milk and water until well blended. Beat in the eggs, 1 at a time, beating until smooth after each addition. Fold in the cheddar cheese. Place the baking sheet with the custard cups in the preheated oven for 3 to 5 minutes until the shortening melts and the custard cups are hot. Fill the custard cups 1/2 to 2/3rds full with the batter. Bake for 45 minutes in the preheated oven, without opening the oven door until the popovers rise and turn golden brown. If not golden brown after 45 minutes, bake for an additional 5 minutes. Serve piping hot.

---------- Recipe via Meal-Master (tm) v7.05

Title: Polka Dot Quick Bread
Categories: Breads, Cheese, Quickbreads, Fruits
Servings: 4

2 c	Cranberries; Fresh Or Frozen	1 c	Milk
1	Egg; Lg, Slightly Beaten	1/4 c	Butter; Melted
1 tb	Orange Peel; Grated	2 c	Unbleached Flour
1 c	Sugar	1 tb	Baking Powder
1/2 ts	Salt	1 1/2 c	Cheddar; Md, Shredded
1/2 c	Walnuts; Coarsely Chopped		

Preheat the oven to 350 degrees F. then grease a 9 X 5-inch loaf pan; set aside. Cut the cranberries in half and set aside in a small bowl. In a medium bowl, combine the milk, egg, butter, and orange peel and set aside. Sift the flour, sugar, baking powder, and salt into a large bowl. Add the halved cranberries, cheese and nuts. Toss with a fork to distribute. Add the milk mixture all at once and stir the flour mixture until just moistened. Turn into the prepared loaf pan and bake for 1 hour and 15 minutes in the preheated oven or until a wooden pick inserted in the center comes out clean. Cool in the pan on a rack for 10 minutes, then remove from the pan. Cool to room temperature on the wire rack before slicing.

---------- Recipe via Meal-Master (tm) v7.05

Title: Cheddar Braids
Categories: Breads, Cheese, Yeast bread
Servings: 8

1 c	Water; Warm, 110-115 Deg. F.	1 pk	Active Dry Yeast; OR
1 tb	Active Dry Yeast; Bulk	3 1/2 c	Unbleached Flour; *
1 ts	Sugar	1 1/2 ts	Salt
3/4 c	Butter; Room Temperature	4	Eggs; Lg, Room Temperature
6 oz	Cheddar; Extra Sharp, Diced	1	Egg; Lg
1 tb	Milk	2 tb	Celery Seeds

* You can use up to 4 1/2 cups of flour in this recipe depending on the weather.

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Pour the warm water into a warm bowl and add the yeast. Stir to dissolve then let stand until light and puffed, about 5 minutes. Add 1 1/2 cups of the flour, sugar and salt. Beat with an electric mixer on the lowest speed for 1 minute. Beat on medium speed for 2 minutes longer. Add the butter to the yeast mixture and beat for another 1 minute. On the lowest speed on the mixer, beat in 1 egg and 1/2 cup of flour until well blended, repeating until the 4 eggs are used up and enough flour has been added to make a soft sticky dough. Continue to beat with the mixer or by hand, until the dough is glossy and elastic and pulls away from the side of the bowl. Stir in the cheddar cheese by hand. Cover and let rise in a warm place free from drafts until doubled in bulk, about 2 1/2 to 3 hours. When the dough has doubled in bulk, punch down and place in the refrigerator for at least 5 hours or better, overnight. Remove the dough from the refrigerator. Divide in half and cover and refrigerate the second ball of dough. Knead the remaining ball of dough on a lightly floured surface until soft and pliable. Divide the dough into 3 equal parts and roll each piece into a rope 12 to 16-inches long. Braid the ropes, starting in the middle and working toward each end. Pinch the ends together so seal them. Grease a large baking sheet and place the finished braid on one side of the sheet. Repeat with the refrigerated dough. In a small bowl beat the egg and milk together. Brush the braids with the egg mixture and let the braids rise in a warm place, free from drafts, until dough in bulk, about 1 1/2 to 2 hours. Do not cover. Midway through the rising time, brush with the egg mixture again. Preheat the oven to 400 degrees F. When fully risen, brush with the egg mixture for a final time and sprinkle evenly with the celery seeds. Bake for 40 minutes in the preheated oven until a wooden skewer or pick inserted in the braid comes out dry. Remove from the oven and from the baking sheet. Cool to room temperature, on wire racks, before slicing.

---------- Recipe via Meal-Master (tm) v7.05

Title: Crusty Cheddar Bread
Categories: Breads, Cheese, Yeast bread
Servings: 4

1 pk	Active Dry Yeast; OR	1 tb	Active Dry Yeast; Bulk
1/4 c	Water; Warm, 110-115 Deg. F.	1 c	Cottage Cheese; *
1 tb	Sugar	1 1/4 ts	Salt
1	Egg; Lg.	2 1/4 c	Unbleached Flour; Unsifted,*
1 tb	Butter; Room Temperature	1 c	Cheddar; Sharp, Grated

* The cottage cheese should be the small curd kind at room temperature. ** You can use up to an extra 1/4 cup of flour in this recipe depending on the weather.

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Sprinkle the yeast over the warm water and let stand 5 minutes. Gently stir to completely dissolve. With an electric mixer, blend the softened yeast into the cottage cheese, sugar, salt and egg. Add the flour in 1/2 cup portions to form a stiff but light dough and let rise in a warm place until doubled in bulk. Butter a 1 1/2 quart casserole dish and stir the dough down, then add 1 cup of the grated cheddar cheese. Turn into the buttered dish. Let rise 30 to 40 minutes longer or until almost doubled in size. Preheat the oven to 350 degrees F. and bake for 40 to 50 minutes or until golden brown. Brush the top with butter.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Starter #1
Categories: Breads
Servings: 1

2 c Unbleached Flour 1 pk Active Dry Yeast
Water To Make Thick Batter

Mix Flour with yeast. Add enough water to make a thick batter. Set in warm place for 24 hours or until house is filled with a delectable yeasty smell.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Starter #2
Categories: Breads
Servings: 1

2 c Unbleached Flour Water To Make Thick Batter

Mix flour and water to make a thick batter. Let stand uncovered for four or five days, or until it begins working. This basic recipe requires a carefully scalded container.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Starter #3
Categories: Breads
Servings: 1

2 c Unbleached Flour Warm Milk To Make Thick Bat.

This starter is the same as starter #2 but uses warm Milk instead of water. Use the same instructions.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Starter #4
Categories: Breads
Servings: 1

Unbleached Flour Potato Water

Boil some potatoes for supper, save the potato water, and use it lukewarm with enough unbleached flour to make a thick batter. without yeast. This is a good way to make it in camp, where you have no yeast available and want fast results. This is also the way most farm girls made it in the olden days. Let stand a day or so, or until it smells right.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Starter #5
Categories: Breads
Servings: 1

4 c Unbleached Flour 2 tb Salt
2 tb Sugar 4 c Lukewarm Potato Water

Put all ingredients in a crock or large jar and let stand in a warm place uncovered several days. This is the authors last choice for making a starter, but seems to be in all the cookbooks dealing with Sourdough Starters. Use only as a last resort.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Starter #6
Categories: Breads
Servings: 1

1 c Milk
1 c Unbleached Flour

Let milk stand for a day or so in an uncovered container at room temperature. Add flour to milk and let stand for another couple of days. When it starts working well and smells right, it is ready to use. NOTE: All containers for starters not using yeast, must be carefully scalded before use. If you are carless or do not scald them the starter will fail.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Pancakes #4
Categories: Breads
Servings: 4

1 c Buttermilk Pancake Mix
1/2 c Active Starter
1/2 c Milk
1 Large Egg
1 tb Cooking Oil
1/2 ts Baking Powder

Mix well and let stand a few moments. Drop by large spoonsful on hot griddle. NOTE: Berries of all kinds can be added to these recipes.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Pancakes #5
Categories: Breads
Servings: 6

3 Large Eggs, Well Beaten
1 c Sweet Milk
2 c Active Starter
1 3/4 c Unbleached Flour
1 ts Baking Soda
2 ts Baking Powder
1 1/2 ts Salt
1/4 c Sugar

Beat eggs. Add milk and starter. Sift together the flour, soda, baking powder, salt, and sugar. Mix together. Drop onto hot griddle by large spoonsful. NOTE: If ungreased griddle is used add 1/4 c Melted Fat to the above recipe. Bacon fat give a great taste.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough French Bread
Categories: Breads
Servings: 18

1 pk Active Dry Yeast
1/4 c Warm Water (110 to 115 F)
4 1/2 c Unbleached Flour, Unsifted
2 tb Sugar
2 ts Salt
1 c Warm Water
1/2 c Milk
2 tb Vegetable Oil
1/4 c Sourdough Starter

Dissolve yeast in warm water. Add the rest of the ingredients. Mix and knead lightly and return to the bowl to rise until double. Turn out onto floured board and divide dough into two parts. Shape dough parts into oblongs and then roll them up tightly, beginning with one side. Seal the outside edge by pinching and shape into size wanted. Place loaves on greased baking sheet and let rise until double again. Make diagonal cuts on top of loaves with razor blade or VERY SHARP knife and brush lightly water for crisp crust. Bake at 400 degrees F for about 25 minutes, or until brown and done. NOTE: Makes 2 loaves at 18 slices each. Also note the the serving sizes in all of these recipes is guesstamate. It all depends on the serving size you select.

---------- Recipe via Meal-Master (tm) v7.05

Title: The Doctor's Sourdough Bread
Categories: Breads
Servings: 18

1 c	Sourdough Starter	2 c	Warm Water
2 c	Warm Milk	1 tb	Butter
1 pk	Active Dry Yeast	1/4 c	Honey
7 c	Unbleached Flour	1/4 c	Wheat Germ
2 tb	Sugar	2 ts	Salt
2 ts	Baking Soda		

Mix the starter and 2 1/2 Cups of the flour and all the water the night before you want to bake. Let stand in warm place overnight. Next morning mix in the butter with warm milk and stir in yeast until until dissolved. Add honey and when thoroughly mixed, add 2 more cups of flour, and stir in the wheat germ. Sprinkle sugar, salt, and baking soda over the mixture. Gentlypress into dough and mix lightly. Allow to stand from 30 to 50 minutes until mixture is bubbly. Add enough flour until the dough cleans the sides of the bowl. Then place the dough on a lightly floured board and kead 100 times or until silky mixture is developed. Form into 4 1-lb loaves, place in well-greased loaf pans 9 x 3 size. Let rise until double, about 2 to 3 hours in a warm room. Then bake in hot oven, 400 degrees F, for 20 minutes. Reduce oven temp. to 325 degrees F. and bake 20 minutes longer or until thoroughly baked. Remove from pans and place loaves on rack to cool. Butter tops of loaves to prevent hard crustyness. Makes 4 1-lb Loaves

---------- Recipe via Meal-Master (tm) v7.05

Title: Honeymoon Sourdoughs
Categories: Breads
Servings: 4

1 c	Active Starter	1 1/4 c	Prepared Biscuit Mix
1/2 ts	Baking Powder	1 tb	Cooking Oil

Mix all ingredients thoroughly and turn out onto a floured board, knead lightly and then roll out gently and cut into biscuits. Brush lightly with melted butter or margarine. Place of greased cookie sheet and bake at 450 degrees for about 15 minutes. Makes 9 Large biscuits.

---------- Recipe via Meal-Master (tm) v7.05

Title: Aunt Cora's Biscuits
Categories: Breads
Servings: 4

1 1/2 c	Sifted Unbleached Flour	3 ts	Baking Powder

1	ts Salt	1 1/2	ts Baking Soda *
2	tb Sugar	1/4	c Shortening, Melted
1 1/2	c Sourdough Starter		

* More Baking Soda may be added if the starter if very sour. Place flour in bowl, add starter in a well, then add melted shortening and dry ingredients. Mix lightly and turn out onto a lightly floured board and knead until the consistency of bread dough, or of a satiny finish. Pat or roll out dough to 1/2 inch thickness, cut and put on a greased pan. Coat all sides of biscuits with melted butter. Let rise over boiling water for 1/2 hour. Bake at 425 degrees F for 15 to 20 minutes.

---------- Recipe via Meal-Master (tm) v7.05

Title: Mary Rogers's Sourdough Biscuits
Categories: Breads
Servings: 4

1/2	c Active Starter	1	c Milk
2 1/2	c Flour	1/3	c Lard or Shortening
1	tb Sugar	3/4	ts Salt
2	ts Baking Powder	1/2	ts Baking Soda
1/4	ts Cream Of Tartar		

At bedtime make a batter of the half cup of starter, cup of milk, and 1 cup of the flour. Let set overnight if the biscuits are wanted for breakfast. If wanted for noon, the batter maybe mixed in the morning and set in a warm place to rise. However, unless the weather is real warm, it is always all right to let it ferment overnight. It will get very light and bubbly. When ready to mix the biscuits, sift together the remaining cup and a half of flour and all other dry ingredients except the baking soda. Work in the lard or shortening with your fingers or a fork. Add baking soda dissolved in a little warm water to the sponge and then add the flour mixture. Mix into a soft dough. Knead lightly a few times to get in shape. Roll out to about 1/2 inch thickness or a little thicker,and cut with a biscuit cutter. Place close together in a 9 x 13-inch pan, turning to grease tops. Cover and set in a warm place to rise for about 45 minutes. Bake in a 375 degree oven for about 30 to 35 minutes. Leftovers are good split and toasted in a sandwich toaster.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sheepherder Bread
Categories: Breads
Servings: 18

1 1/2	c Active Sourdough Starter	4	c Unbleached Flour
2	tb Sugar	2	tb Shortening, Melted
1	ts Salt	1/4	ts Baking Soda

Into a large bowl, sift the dry ingredients, and dig a well in the center of the sourdough starter. Blend the dry mix into the starter from the edges with enough flour to knead until smooth and shiny. Place in greased bowl and let rise until almost double. Shape into 2 loaves and place in greased bread pans. Bake at 375 degrees F until done.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Sams
Categories: Breads
Servings: 4

1/2 c	Active Sourdough Starter	1/2 c	Sugar
2 tb	Shortening	2 c	Unbleached Flour
1 ts	Baking Powder	1	Large Egg
1/2 ts	Nutmeg	1/4 ts	Cinnamon
1/2 ts	Baking Soda	1/2 ts	Salt
1/3 c	Buttermilk or Sour Milk		

Sift dry ingredients, stir into liquid, roll out and cut with regular donut cutter. Then heat some oil in a deep fryer to 390 degrees F and fry. Makes about 17 Doughnuts with holes. Just before serving dust with powdered or cinnamon sugar. NOTE: These doughnuts are virtually greasless. And if you want you can make several batches at a time and freeze. They keep well and to me taste after a while in the freezer. Take out as many as needed and thaw and put sugar on or eat plain.

---------- Recipe via Meal-Master (tm) v7.05

Title: 100% Whole Wheat Bread
Categories: Breads, Yeast
Servings: 6

2/3 c	Water	3 pk	Yeast
1 tb	Sugar	8 c	Scalded milk
2/3 c	Shortening	1 c	Sugar
1/2 c	Molasses	2 tb	Salt
12 c	Whole wheat flour		

Dissolve yeast in 2/3 c water while your milk is cooling. Dissolve 1 cup sugar in the hot milk. Stir all ingredients in large bowl, turn out and knead about 5 minutes, adding flour if needed. Knead about 5 minutes. Let rise until doubled in bulk, about 1 1/2 to 2 hours. Knead down and shape into 6 loaves, let rise until doubled in pans. Bake at 375 degrees F. for 40 minutes. Turn out on wire rack and let cool to cold before slicing, if you can. NOTE: Raisins and/or walnuts can be added for a change. Also this bread freezes well.

---------- Recipe via Meal-Master (tm) v7.05

Title: Bacon, Cheese, And Tomato Sandwiches
Categories: Vegetables, Breads
Servings: 3

3	Slices bacon	3	Slices rye bread, toasted
2 tb	Mayo. or salad dressing	1/2 ts	Dried dill weed
1	Large tomato, sliced	3	Slices swiss cheese

Place bacon on microwave rack in glass dish. Cover loosely and microwave until crisp, 2 1/2 to 3 1/2 minutes. Spread toast with mayonnaise; sprinkle with dill. Place toast slices on serving plate; top with tomato and cheese slices. Crumble bacon and sprinkle over top. Microwave uncovered on high (100%) until cheese begins to melt, 1 to 1 1/2 minutes.

---------- Recipe via Meal-Master (tm) v7.05

Title: Corn Bread
Categories: Penndutch, Breads
Servings: 1

1 c	Cornmeal, yellow		*or:
1 c	Cornmeal, white	4 tb	Sugar
1 ts	Salt	1	Egg, well beaten
1 c	Milk, skim	1 c	Flour

4 ts Baking powder 2 tb Butter, melted

Add the sugar and salt to the cornmeal. Beat the egg well and pour into the milk; stir this mixture into the meal, beating thoroughly. Sift the flour and baking powder into the meal, add the melted butter and beat hard. Pour the mixture into a greased pan and bake at 400-F until brown. To make a thin crisp Johnny Cake, use an oblong pan and spread batter thinly. For a soft loaf, spread batter thickly. Source: Pennsylvania Dutch Cook Book - Fine Old Recipes, Culinary Arts Press, 1936.

---------- Recipe via Meal-Master (tm) v7.05

Title: Ham And Cheese With Coleslaw
Categories: Main dish, Vegetables, Breads
Servings: 4

2 tb	Margarine or butter	1/2 ts	Prepared mustard
4	Slices rye bread, toasted	4	Slices cooked ham
1	Large tomato, sliced	4	Slices cheese
1 c	Coleslaw		

Microwave margarine uncovered in custard cup on high (100%0 until softened, 15 to 30 seconds. Blend in mustard. Spread margarine on one side of each toast lsice. Place slices buttered sides up on serving plate; top with ham tomato and cheese slices. Microwave uncovered until cheese begins to melt, 1 1/2 to 2 minutes. Top each sandwich with a spoonful of coleslaw.

---------- Recipe via Meal-Master (tm) v7.05

Title: High-Protein Muffins
Categories: Muffins, Breads, Breakfast
Servings: 10

1 1/2 c	Raisins	1 3/4 c	Milk
1 c	Stirred whole wheat flour	1 c	Soy flour
1 c	Toasted wheat germ	4 ts	Baking powder
1 1/2 ts	Ground nutmeg	3/4 ts	Salt
4	Large eggs, slightly beaten	2/3 c	Honey
2/3 c	Vegetable oil	1/4 c	Dark molasses

Combine Bran Flakes, raisins and milk in large mixing bowl. Stir together whole wheat flour, soy flour, wheat germ, baking powder, nutmeg and salt; set aside. Combine eggs, honey, oil and molasses in small bowl; blend well. Add egg mixture to soaked bran flakes; mix well. Add dry ingredients all at once to bran mixture, stirring just enough to moisten. Spoon batter into paper-lined 3-inch muffin-pan cups, filling 2/3rds full. Bake in 350 degrees F. oven 25 minutes or until golden brown. Serve hot with butter and homemade jelly or jam.

---------- Recipe via Meal-Master (tm) v7.05

Title: Nifty Hamburgers On A Bun
Categories: Breads, Hamburgers, Meats
Servings: 4

8	Hamburger buns; *		Prepared mustard or catsup
1 lb	Lean ground beef	1/4 c	Onion; chopped, 1 small
1 ts	Salt	1/4 ts	Pepper

* Hamburger buns should be the small ones or use 6 slices of bread.

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Heat oven to 500 degrees F. Spread cut sides of hamburgers buns or one

side of each bread slice with mustard. Mix meat, onion, salt and pepper. Spread mixture over the mustard, being careful to bring it to the edges of the buns. Place meat sides up on an ungreased baking sheet. Bake until desired doneness is reached, about 5 minutes. NOTE: If you like, you can have these burgers ready and waiting in the freezer for last-minute cooking. After spreading the meat mixture over the buns, wrap each securely in heavy-duty or double thickness of regular aluminum foil and label; freeze no longer than 2 months. To serve, unwrap desired number of hamburgers and bake about 10 minutes.

---------- Recipe via Meal-Master (tm) v7.05

Title: Apple Strudel (Apfelstrudel)
Categories: Penndutch, Breads, Fruits
Servings: 1

2 1/2	c Flour	1	ts Salt
2	tb Shortening	2	Egg, slightly beaten
1/2	c Water, warm	5	c Apple, sliced
1	c Brown sugar	1/2	c Raisins
1/2	c Nuts, chopped	3	tb Butter, melted
1/2	ts Cinnamon	1	Lemon, grated rind of

Sift the flour and salt together. Cut in the 2 Tbsp shortening and add the eggs and water. Knead well, then throw or beat dough against board until it blisters. Stand it in a warm place under a cloth for 20 minutes. Cover the kitchen table with a small white cloth and flour it. Put dough on it. Pull out with hands very carefully to thickness of tissue paper. Spread with mixture made of the sliced apples, melted butter, raisins, nuts, brown sugar, cinnamon and grated lemon rind. Fold in outer edges and roll about 4 inches wide. Bake at 450-F for 10 minutes, reduce heat to 400-F and continue to bake about 20 minutes. Let cool. Cut in slices about 2 inches wide. Source: Pennsylvania Dutch Cook Book - Fine Old Recipes, Culinary Arts Press, 1936.

---------- Recipe via Meal-Master (tm) v7.05

Title: Cinnamon Buns (The Famous Dutch Sticky Buns)
Categories: Penndutch, Breads
Servings: 1

1	c Milk, scalded	1/2	c Raisins, chopped
2	tb Currants	1/2	ts Cinnamon
	Brown sugar	2	tb Citron, finely chopped
1/2	c Yeast		*dissolved in:
1/4	c Water, warm	3	c Flour
1/2	ts Salt	3	tb Butter

Dissolve yeast in warm water and add to milk which has been allowed to become lukewarm. Add sugar (about 3 Tbsp), salt and flour, and knead thoroughly until it becomes a soft dough. Place the dough in a buttered bowl and butter the top of the dough. Cover bowl and put in a warm place. Permit it to stand until the dough becomes three times its original size. Roll until it is one fourth of an inch in thickness, brush with butter and spread with the raisins, currants, citron, brown sugar and cinnamon. Roll as a jelly roll and cut into slices 3/4 inch thick. Place slices in buttered pans, spread well with brown sugar, and bake at 400-F for 20 minutes. Source: Pennsylvania Dutch Cook Book - Fine Old Recipes, Culinary Arts Press, 1936.

---------- Recipe via Meal-Master (tm) v7.05

Title: Coffee Cake (Kaffee Kuchen)
Categories: Penndutch, Breads
Servings: 1

1/2	c	Butter	1		Egg, separated
1	c	Sugar	2	c	Milk
6 1/2	c	Flour	1	c	Yeast
		*dissolved in:	1/3	c	Water, lukewarm
		Butter, melted			Brown sugar

Scald the milk and set aside to cool. Cream the sugar, butter and egg yolk. Add to this the lukewarm milk, alternately with the flour and the dissolved yeast cake. Beat lightly and add the stiffly beaten egg white. Allow this mixture to rise over night. Flour a bake-board and take out large spoonfuls of the dough to which just enough flour has been added to permit it to be rolled into flat cakes. Spread on well-greased pie tins and when light (about 1-1/2 hours) brush melted butter over the top and strew thickly with brown sugar. If preferred, spread "rivels" on top by combining 1/2 cup sugar, 1/2 cup flour, and 2 Tbsp butter. Crumble together and sprinkle on top of cakes. Bake at 400-F about 20 minutes. Source: Pennsylvania Dutch Cook Book - Fine Old Recipes, Culinary Arts Press, 1936.

---------- Recipe via Meal-Master (tm) v7.05

Title: Dutch Schnecken
Categories: Penndutch, Breads
Servings: 1

1	c	Yeast			*dissolved in:
1	c	Water, warm	5	tb	Sugar
1/2	ts	Salt	2	c	Milk, warm
2		Egg, well beaten	1/2	c	Butter, melted
		Flour			*topping:
4	tb	Sugar	4	tb	Butter
1 1/2	ts	Cinnamon			

Dissolve the yeast cake and add one Tbsp of the sugar and the salt and enough flour to stiffen to a sponge. Let rise for one hour, then add the rest of the ingredients, using enough sifted flour to make a soft sponge. Let rise again, then roll out dough on a floured board and cover with a mixture of 4 Tbsp sugar, 4 Tbsp butter and 1 1/2 tsp cinnamon. Roll like a jelly roll and cut in 2 inch pieces. Place on well-greased pans and let rise for a third time, then bake at 400-F for 20 minutes. Source: Pennsylvania Dutch Cook Book - Fine Old Recipes, Culinary Arts Press, 1936.

---------- Recipe via Meal-Master (tm) v7.05

Title: Fastnacht Potato Cake
Categories: Penndutch, Breads
Servings: 1

2		Potato	2		Egg
1	c	Sugar	1	ts	Salt
1/4	ts	Nutmeg	1/2	c	Lard
		*or:	1/2	c	Other shortening
1	c	Yeast			*dissolved in:
1/2	c	Water, warm			Flour

Boil the pared potatoes in enough water to cover them. Drain off the potato water and save. Mash the potatoes and beat lightly. Measure the potato water and add more water, if necessary, to make 1 1/2 pints. Combine with the rest of the ingredients, using enough flour to make a rather stiff batter. Cover and let rise in a warm place until morning. Knead in the morning, adding as much flour as is necessary. Let rise again. Spread on

well-greased tins and when light (about 1-1/4 hours) brush melted butter over top. Strew with "rivels" made by combining 1/2 cup sugar, 1/2 cup flour, and 2 Tbsp butter. Source: Pennsylvania Dutch Cook Book - Fine Old Recipes, Culinary Arts Press, 1936.

---------- Recipe via Meal-Master (tm) v7.05

Title: German Bread
Categories: Penndutch, Breads
Servings: 1

1/2	c	Butter	3/4	c	Sugar
1	c	Yeast			*dissolved in:
1/4	c	Water, lukewarm	1	c	Milk, scalded
2		Egg, well beaten	2 1/2	c	Flour, bread
		*to:	3	c	Flour, bread
1 1/4	c	Bread crumbs, soft	3	tb	Brown sugar, light
1	ts	Cinnamon	1/4	ts	Salt
2	tb	Butter, melted			

Cream together the butter and sugar, add the scalded milk and mix thoroughly. When lukewarm, stir in the dissolved yeast, eggs and flour (using more flour if necessary to make a stiff batter). Beat mixture thoroughly, cover and let rise in a warm place about 1-1/2 hours or until double in bulk. When light, beat again thoroughly. Grease deep pie pan and sprinkle lightly with flour. With a spoon, fill the pie pans with the dough. Sprinkle top of cakes with the following mixture: combine the soft bread crumbs with the melted butter, sugar, salt and cinnamon and mix well. Let cakes rise about 20 minutes and bake at 400-F about 20 minutes. Source: Pennsylvania Dutch Cook Book - Fine Old Recipes, Culinary Arts Press, 1936.

---------- Recipe via Meal-Master (tm) v7.05

Title: German Strickle Sheets
Categories: Penndutch, Breads
Servings: 1

2	c	Sugar	4		Egg, well beaten
4	tb	Butter	1	c	Yeast
		*dissolved in:	1/2	c	Water, lukewarm
4	c	Milk	1	ts	Salt
		Flour			

Scald milk and add the eggs and butter. When cool, add the dissolved yeast, salt, sugar and enough flour to form a thin batter. Beat all together about 7 minutes, cover well and set bowl containing mixture in warm place for 7 or 8 hours. After time has elapsed, add enough flour to make a soft dough, knead lightly and set to rise again. When well-raised, roll dough to one inch thickness and cut in biscuit shapes. Allow to rise a second time. Before placing in oven, spread with the following mixture: Mix 2 cups sugar with 4 Tbsp flour and add 1/2 cup butter and cream well; add 4 Tbsp boiling water and beat mixture into a sauce. Bake at 400-F about 20 minutes. Source: Pennsylvania Dutch Cook Book - Fine Old Recipes, Culinary Arts Press, 1936.

---------- Recipe via Meal-Master (tm) v7.05

Title: Moravian Christmas Loaf
Categories: Penndutch, Breads
Servings: 1

3	c	Milk	1	c	Butter

1	c	Sugar	1/2	c Yeast
		*dissolved in:	1/4	c Water, warm
6	c	Flour	1	ts Salt
1/2	lb	Raisins, chopped	1/2	lb Currants
1/4	lb	Citron, chopped	1/2	c Almond, blanched, sliced

Scald 2 cups of the milk and let cool. Add the dissolved yeast cake, 3 cups of flour and the salt. Mix well. Cover and set aside to rise in a warm place, over night. In the morning, scald the other cup of milk and add the butter and stir until melted. Combine with the yeast mixture and add the sugar and the balance of the flour, kneading the dough well, until it is no longer sticky. Use more flour if necessary. Combine the fruit and sprinkle with some flour and add to the dough, mixing well. Cover and let rise again until double in bulk. Shape in small loaves, place in small pans, and sprinkle with the sliced almonds. Let rise for 2 hours. Bake at 400-F for 40 minutes. Source: Pennsylvania Dutch Cook Book - Fine Old Recipes, Culinary Arts Press, 1936.

---------- Recipe via Meal-Master (tm) v7.05

Title: Potato Sponge Bread
Categories: Penndutch, Breads
Servings: 1

4		Med Potato	2	tb Sugar
1	tb	Salt	1	c Yeast
		*dissolved in:	1/2	c Water, lukewarm
4	c	Flour, bread		

Pare and boil the potatoes and while hot, mash finely and rub through a sieve or colander. Add the sugar, salt and dissolved yeast cake. Stir flour into the mixture, beating well. Add more flour to form soft dough. Turn onto a floured board and knead. Return to bowl, cover and let rise over night. In the morning, form into loaves, let rise until light and bake at 350-F for 45 to 50 minutes. Source: Pennsylvania Dutch Cook Book - Fine Old Recipes, Culinary Arts Press, 1936.

---------- Recipe via Meal-Master (tm) v7.05

Title: Raisin Bread
Categories: Penndutch, Breads
Servings: 1

1		Med Potato	1	qt Water
1	c	Yeast	1	c Water, lukewarm
2	ts	Cinnamon	1/2	ts Cloves
1	c	Sugar	1	lb Raisins
1	tb	Butter		Flour

Pare and boil the potato in the quart of water, mash and mix sufficient flour with the water to form a smooth batter. Dissolve the yeast in 1 cup of lukewarm water and combine with the batter. Cover and set in a warm place and let rise for 4 hours. Add the rest of the ingredients and knead, adding flour as needed. Be careful not to get dough too stiff. Let stand for 2 hours, then form into loaves, place in bread pans and let rise until light. Bake at 400-F for 30 to 40 minutes. Source: Pennsylvania Dutch Cook Book - Fine Old Recipes, Culinary Arts Press, 1936.

---------- Recipe via Meal-Master (tm) v7.05

Title: Small Coffee Cakes (Kleina Kaffee Kuchen)
Categories: Penndutch, Breads

Servings: 1

1/2	c	Butter and other shortening,	2		Egg
2		Egg yolk	3	tb	Sugar
1/2	c	Cream	2	c	Flour, sifted
1	c	Yeast			*dissolved in:
1	c	Milk, lukewarm	1/2	ts	Salt

Cream the butter, sugar and salt and add the eggs and egg yolks one at a time, beating well after each addition. To the dissolved yeast, add 3 Tbsp of the flour and mix well. Combine with the first mixture. Add the remaining flour and cream alternately. Grease and flour muffin tins and fill 2/3 full of the dough. Set pans in a warm place until dough has risen to the tops of the pans. Bake at 400-F about 25 minutes. Source: Pennsylvania Dutch Cook Book - Fine Old Recipes, Culinary Arts Press, 1936.

---------- Recipe via Meal-Master (tm) v7.05

Title: Streusel Kuchen
Categories: Penndutch, Breads
Servings: 1

1/2	c	Potato, mashed	1/2	c	Potato water
1/2	c	Butter and other shortening,	1/2	c	Sugar
3 1/2	c	Flour	1	c	Yeast
		*dissolved in:	1/2	c	Water, lukewarm
2		Egg, well beaten	1/2	c	Sugar
1 1/2	c	Flour			*topping:
1	c	Flour	1/2	c	Sugar
1		Egg yolk, well beaten			

Mix together the mashed potatoes, potato water, shortening and sugar. Add to this about 3 1/2 cups flour and the dissolved yeast. Set this dough aside to rise in a warm place over night. The following morning add the eggs, 1/2 cup sugar and 1 1/2 cups flour. Allow this mixture to stand in a warm place until light. Then roll out pieces 6 by 8 by 1 inch thick and place in greased oblong pans. When cakes are ready to be put into the oven, brush top of cake with melted butter. Strew over the tops of the cakes the topping mixture. This mixture should be rubbed through a coarse sieve. Bake at 400-F about 20 minutes. Source: Pennsylvania Dutch Cook Book - Fine Old Recipes, Culinary Arts Press, 1936.

---------- Recipe via Meal-Master (tm) v7.05

Title: Apple Crunch Muffins
Categories: Breakfast, Muffins, Breads
Servings: 4

1 1/2	c	Unbleached flour, sifted	1/2	c	Sugar
2	ts	Baking powder	1/2	ts	Salt
1 1/2	ts	Ground cinnamon	1/4	c	Vegetable shortening
1		Large egg, slightly beaten	1/2	c	Milk
1	c	Tart apples *			Nut crunch topping

* Apples are to be washed and cored. Shred the unpeeled apples for recipe.

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Sift together flour, sugar, baking powder, salt and cinnamon into mixing bowl. Cut in shortening with pastry blender until fine crumbs form. Combine egg and milk. Add to dry ingredinets all at once, stirring just enough to moisten. Stir in apples. Spoon batter into paper-lined 2 1/2-inch muffin-pan cups, filling 2/3rds full. Sprinkle with nut crunch topping. Bake in 375 degree oven 25 minutes or until golden brown. Serve hot with butter and homemade jelly or jam. NUT CRUNCH TOPPING: Mix together 1/4 c

brown sugar (packed), 1/4 c chopped pecans and 1/2 t ground cinnamon in small bowl.

---------- Recipe via Meal-Master (tm) v7.05

Title: Bara Brith (Currant Bread) Welsh
Categories: Breads
Servings: 16

1/4	lb Dried fruit	4	oz Candied peel
1	pt Warm water	1/2	ts Mixed spice
2	lb Plain flour	2	ts Salt
6	oz Lard	1	oz Fresh yeast
1/2	lb Demerara sugar	2	Eggs

Oven: 450F, Gas Mark 8 for 15 minutes: 375F, Gas Mark 5 for 45 minutes. Soak the fruit and candied peel in the water with the spice. Leave to steep in a warm place and use the warm spicy, strained water to mix the dough. Sift the flour and salt and rub in the lard; cream the yeast with the sugar and a little of the spiced water; mix this into the flour, together with the eggs and use enough of the water to give a firm, yet elastic dough. Knead well, leave to rise and knock back; blend in the drained fruit and knead again. Shape the dough into loaves and set into greased 1 lb tins in a warm place to prove; bake, reducing the temperature after the first 15 minutes. Originally, in some recipies, the fruit content would have been fresh currants or blackberries. Bara Brith is often served as part of the traditional Welsh tea. It can also be purchased at many of the small bakeries found throughout Wales. British Cookery (BTA/BFPC)

---------- Recipe via Meal-Master (tm) v7.05

Title: Beer Biscuits
Categories: Breads
Servings: 4

2	c Unbleached flour	3	ts Baking powder
1	ts Salt	1/4	c Shortening
3/4	c Beer		

Preheat Oven to 450 degrees F. Sift dry ingredients together. Cut in shortening until it has cornmeal consistanch. Stir in beer, knead lightly, roll out to 1/2-inch thickness. Bake 10 - 12 minutes or until golden brown. Makes 12 to 15 biscuits.

---------- Recipe via Meal-Master (tm) v7.05

Title: Bran Date Bread
Categories: Breads
Servings: 12

1 1/4	c Unbleached flour, sifted	1 1/2	ts Baking powder
1	ts Salt	1/2	c Active sourdough starter
3/4	c Buttermilk or sour milk	1	c Finely chopped pitted dates
1	c All bran	1	ts Grated lemon peel (zestonly)
2	Large eggs, beaten	1/4	c Vegetable oil
3/4	c Firmly packed. brown sugar		

Sift dry ingredients together. Dust dates with 1 T flour mixture, then add to the bowl. Then add the brown sugar, all bran, and grated lemon peel. Combine 3/4 cu buttermilk, 2 beaten eggs, 1/4 cup vegetable oil. Add all once to flour mixture with the sourdough starter, stirring until well moistened. Pour into greased or waxpaper lined loaf pan about 9 x

5-inches. Bake at 350 degrees for 1 hour. Allow to stand 10 minutes in pan and then remove from pan and cool until cold. Wrap in plastic wrap or foil and place in Refrigerator. Use cream cheese or home made butter on this bread for an out of this world taste.

---------- Recipe via Meal-Master (tm) v7.05

Title: Bran Muffins-in-waiting
Categories: Muffins, Breads, Breakfast
Servings: 6

1	c	Warm water	3 1/2	c	Wheat/oat bran cereal
2 1/2	c	Unbleached all-purpose flour	2 1/2	ts	Baking soda
1/2	c	Butter/margarine, room temp.	1 1/2	c	Granulated sugar
2		Large eggs	2	c	Butter/sour milk.

Mix water with 1 cup cereal. Sift flour with baking soda. In a large bowl, beat butter until creamy. Add sugar 1/2 cup at a time, beating after each addition. Blend in eggs, one at a time, beating well after each addition. Scrape sides of bowl often. Stir in flour mixture 1/2 cup at a time, alternating with butter/sour milk, added 1/2 cup at a time also. Stir in soaked bran and the remaining bran cereal. Cover and store in refrigerator at least 6 hours before baking. To bake muffins, heat oven to 400 degrees F. Grease 2 1/2-inch Muffin Cups. Stir batter gently. Fill each muffin cup with about 1/4 c batter. Bake about 20 minutes, or until nicely browned. Remove from pan and serve hot with butter. Makes 6 cups batter or about 24 2 1/2-inch muffins.

---------- Recipe via Meal-Master (tm) v7.05

Title: Candied Orange Rind Bread
Categories: Breads, Fruits, Quick
Servings: 10

4		Oranges; md	1	c	Water
1	c	Sugar	4	c	Unbleached flour
6	ts	Baking powder	1/2	ts	Salt
1/4	c	Butter or regular margarine	1/2	c	Sugar
2		Eggs; lg	2	c	Milk

Thinly peel the oranges, using a vegetable peeler. Cut the orange rind into thin slivers. (Reserve the oranges for another use, or eat them and enjoy.) Combine the orange rind and 1 cup of water in a 2 quart saucepan and bring to a boil, then reduce the heat, cover, and simmer for 15 minutes or until the rind is tender. Add the 1 cup of sugar and continue cooking, uncovered, until the mixture is syrupy, about 15 minutes. Cool to room temperature. Meanwhile, sift the flour, baking powder and salt together in a bowl and set aside. Cream the butter and 1/2 cup of sugar together until light and fluffy, using a electric mixer set on medium. Add the eggs and blend well. Blend in the cooled orange rind mixture. Add the dry ingredients alternately with the milk to the creamed mixture, beating well after each addition. Pour the batter into 2 greased 9 X 5 X 3-inch loaf pans. Bake in a preheated 350 degree F. oven for 50 minutes or until a cake tester or wooden pick inserted in the center comes out clean. Cool in the pans for 10 minutes before removing to wire racks to finish cooling. Wrap in aluminum foil and let stand overnight before slicing. This bread slices better when it has cooled for 24 hours.

---------- Recipe via Meal-Master (tm) v7.05

Title: Cardamom Coffee Cakes
Categories: Breads, Christmas

Servings: 2

1 1/2 c	Milk	1 pk	Cake yeast
3/4 c	Sugar	6 1/4 c	Sifted all-purpose flour
1/2 c	Butter	1/4 ts	Salt
3	Egg yolks	1 ts	Cardamom
	----------topping----------	2 tb	Milk
6 tb	Sugar		

1. Scald milk and cool to lukewarm. Crumble yeast into bowl, add 1 Tsp sugar and lukewarm milk. 2. Beat in 3 cups flour; beat until smooth. Cover well and let rise until light and double in bulk, 1 - 1-1/2 hours. 3. Add soft butter, remaining sugar, salt, egg yolks, cardamom and 3 cups flour. Mix thoroughly. Place remaining 1/4 cup flour on board or pastry cloth for kneading. 4. Turn out dough and knead until smooth and elastic. Place in greased bowl. Cover well. Set aside to rise until double in bulk, 1 to 1-1/2 hours. 5. Cut risen dough in half for two cofee cakes (braids). Cut each half into 3 pieces. Roll each piece into a roll 16 inches long. Pinch 3 rolls together at one end, braid and pinch other ends together. Place braid on cookie sheet. Make second braid and place on cookie sheet. 6. Let braids rise until double in bulk, about 45 minutes. For topping brush each braid with 1 Tbsp milk and sprinkle with 3 Tbsp sugar. 7. Bake in moderate oven (375) 25 to 30 minutes. Yield: 2 coffee cakes

---------- Recipe via Meal-Master (tm) v7.05

Title: Carrot-Walnut Bread
Categories: Breads, Vegetables, Nuts
Servings: 4

1 1/2 c	Unbleached flour; sifted	1 ts	Baking soda
1/2 ts	Cinnamon; ground	1/4 ts	Nutmeg; ground
1/4 ts	Salt	1 c	Sugar
3/4 c	Cooking oil	2	Eggs; lg
1 1/2 c	Carrots; pared, shredded	1/2 c	Walnuts; chopped

Sift the flour, baking soda, cinnamon, nutmeg and salt together in a small bowl and set aside. Combine the sugar, oil and eggs in a mixing bowl. Beat, with an electric mixer set on medium speed, for 2 minutes. Add the dry ingredients, stirring just until moistened. Stir in the carrots and walnuts. Pour the batter into a greased 9 X 5 X 3-inch loaf pan and bake, in a preheated 350 degree F. oven for 1 hour or until a cake tester or wooden pick inserted in the center comes out clean. Cool in the pan on a wire rack for 10 minutes, remove from the pan and finish cooling on the wire rack.

---------- Recipe via Meal-Master (tm) v7.05

Title: Cinnamon-Raisin Bread
Categories: Breads, Fruits, Yeast
Servings: 10

5 1/2 c	Unbleached or bread flour	2 pk	Active dry yeast; or
2 ts	Active dry yeast; bulk	1 c	Milk
3/4 c	Water	1/4 c	Sugar
1/4 c	Vegetable oil	2 ts	Salt
1	Egg; lg	1 c	Raisins
1 c	Sugar	1 ts	Cinnamon; ground,or to taste
2 ts	Butter or margarine; melted		

Stir 2 cups of flour and the yeast together in a large mixing bowl. Heat the milk, water, 1/4 cup sugar, oil and salt in a saucepan over very low heat until very warm, (120-130 degrees F.). Ad the liquid mixture to the flour-yeast mixture. Beat, with an electric mixer at medium speed, until

smooth, about 3 minutes. Blend in the egg and then stir in the raisins. Gradually stir in enough of the remaining flour to make a moderately soft dough, (It will be slightly sticky and light in weight). Turn the dough out on a lightly floured surface, adding flour if needed as you knead the dough, and knead until smooth and satiny about 10 minutes. Cover the dough with the bowl and let rest for 20 minutes. Combine the 1 cup of sugar and the cinnamon, then set aside. Punch the dough down and divide in half. Roll out one half, on the floured surface, to a 14 X 7-inch rectangle. Brush with the melted butter and sprinkle with half of the cinnamon-sugar mixture. Beginning at the narrow end, roll up tightly like a jelly roll. Press the edges to seal and fold the ends under. Place in a greased 8 1/2 X 4 1/2 X 2 1/2-inch loaf pan. Repeat for the second half. Brush the tops of the loaves with the remaining butter. Cover and let rise in a warm place until doubled, about 45 minutes. Bake in a preheated 375 degree F. oven for 35 to 40 minutes or until the loaves sound hollow when tapped. Remove from the pans immediately and cool on wire racks.

---------- Recipe via Meal-Master (tm) v7.05

Title: Corn Meal Muffins
Categories: Muffins, Breads, Breakfast
Servings: 4

1 c	Unbleached all-purpose flour	4 ts	Baking powder
2 tb	Granuleated sugar	1 ts	Salt
1 c	Yellow cornmeal	2	Large eggs
1/4 c	Vegetable oil		

Grease 12 2 1/2-inch muffin cups. Heat oven to 425 degrees F. Sift flour, baking powder, sugar and salt into medium-sized bowl. Add cornmeal and stir to mix well. In small bowl, beat eggs with fork. Add milk and oil. Add all at once to dry ingredients. Stir mixture only until dry ingredients are mositened. Batter will be lumpy. Drop batter from a tablespoon into the prepared muffin cups, filling each cup 1/2 to 2/3rds full. Bake 15 to 20 minutes, or until golden brown. Remove and serve hot with butter, bacon and eggs.

---------- Recipe via Meal-Master (tm) v7.05

Title: Cranberry Muffins
Categories: Muffins, Breads, Breakfast
Servings: 4

2 1/4 c	Unbleached flour, sifted	1/4 c	Sugar
3/4 ts	Baking soda	1/4 ts	Salt
1	Large egg, slightly beaten	3/4 c	Butter/sour milk
1/4 c	Vegetable oil	1 c	Chopped raw cranberries
1/2 c	Sugar		

Sift together flour, 1/4 cup sugar, baking soda and salt into bowl. Combine egg, butter/sour milk and oil in small bowl; blend well. Add all at once to dry ingredients, stirring just enough to moisten. Combine cranberries and 1/2 cup sugar; stir into batter. Spoon batter into greased 2 1/2-inch muffin-pan cups, filling 2/3rds full. Bake in 400 degrees F. oven 20 minutes or until golden brow. Serve hot with butter and homemade jelly or jam.

---------- Recipe via Meal-Master (tm) v7.05

Title: Date Or Raisin Bran Muffins
Categories: Muffins, Breads, Breakfast
Servings: 4

1	c	Wheat/oat bran cereal	3/4	c	Milk
1	c	Unbleached all-purpose flour	2 1/2	ts	Baking powder
1/2	ts	Salt	1/4	c	Granulated sugar
1/2	c	Seedless raisins *	1/2	c	Chopped walnuts
1		Large egg	1/4	c	Vegetable oil

* Finely chopped pitted dates may be substituted to get Date Muffins.

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Mix cereal and milk. Let stand a few minutes until most of the milk is absorbed. Grease 12 2 1/2-inch muffin cups. Heat oven to 400 degrees F. Sift flour, baking powder, salt and sugar into a medium-sized bowl. Stir to mix well. Add dates/raisins and nuts; toss to mix. Add egg and oil to soaked cereal and beat well with a fork. Pour into flour mixture and stir only until dry ingredients are moistened. Batter will be lumpy. Drop batter into prepared pans, filling each cup half to two-thirds full. Bake about 30 minutes, or until browned. Remove from pan and serve hot with butter and jelly or preserves.

---------- Recipe via Meal-Master (tm) v7.05

Title: Dillbrot (Dill Bread)
Categories: Breads, Cheese/eggs, Vegetables
Servings: 4

1	pk	Yeast; active dry	1	c	Cottage cheese; creamed *
2	tb	Sugar	1	tb	Onion; minced
1	tb	Butter; melted	1		Egg; large
1	ts	Salt	2	ts	Dillseed
2 1/4	c	Flour; unbleached or bread			

* Creamed Cottage Cheese should be heated to lukewarm.

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Dissolve yeast in warm water. Combine all ingredients in a mixing bowl, except add the flour a little at a time (it may take up to 2 1/2 cups of flour). Beat until well mixed and mixture is stiff but not heavy. (Standard bread dough feeling). Cover and let rise in a warm place until doubled. Punch down and put dough in a bread pan, or arrange in a round shape on a greased cookie sheet. Let rise again. Bake for 30 to 45 minutes at 350 degrees F. While warm, bursh loaf with soft butter, sprinkle well with salt. Makes 1 loaf.

---------- Recipe via Meal-Master (tm) v7.05

Title: Dilly Zucchini Ricotta Muffins
Categories: Muffins, Breads, Dinner
Servings: 4

1 1/2	c	Unbleached flour	2	tb	Sugar
3	ts	Baking powder	1/2	ts	Salt
3/4	ts	Dill weed	1/4	c	Milk
1/2	c	Margarine/butter, melted	2		Large eggs
2/3	c	Ricotta cheese	1/2	c	Shredded zucchini

Heat oven to 400 degrees F. Line with paper baking cups or grease, 12 muffin-pan cups. Lightly spoon flour into measuring cup, level off. In large bowl, combine flour, sugar, baking powder, salt and dill weed, mix well. In medium bowl combine milk, margarine and eggs. Stir in ricotta cheese and zucchini, beat well. Add to dry ingredients, stirring just until moistened (Batter will be stiff). Fill prepared muffin cups 2/3rds full. Bake at 400 degrees F. for 20 to 25 minutes or until golden brown. Immediately remove from pan and serve.

---------- Recipe via Meal-Master (tm) v7.05

Title: Easy Parker House Rolls
Categories: Breads, Yeast
Servings: 4

1 1/4 c Milk; scalded
2 ts Butter or regular margarine
2 pk Active dry yeast; or
1/4 c Lukewarm water; 110 deg. f.
2 ts Butter or margarine; melted
3 ts Sugar
3/4 ts Salt
2 ts Active dry yeast; bulk
4 1/2 c Unbleached flour

Pour the scalded milk over the sugar, 2 tbls of butter and salt in a mixing bowl. Cool to lukewarm. Sprinkle the yeast over the lukewarm water and stir to dissolve. Add 2 cups of flour, and the yeast mixture to the milk mixture. Beat, with an electric mixer on medium speed, until smooth, about 2 minutes. Gradually add enough of the remaining flour to make a soft dough, then cover and let rest for 15 minutes. Knead the dough a few times on a lightly floured surface until it is no longer sticky and roll out to a 1/2-inch thickness. Cut into rounds, using a floured biscuit cutter. Brush the rounds with the remaining 2 Tbls of melted butter and crease each roll in the center with the dull edge of a knife. Fold the rolls over on the crease and press the edges together lightly. Place on greased baking sheets and cover. Let rise in a warm place until almost doubled, about 30 minutes. Bake in a preheated 400 degree F. oven for 10 minutes or until golden brown. Remove from the baking sheets and cool on wire racks. NOTE: These rolls are almost a must at the Holiday dinners coming up shortly. Restaurants and most older cooks make it a tradition to serve them.

---------- Recipe via Meal-Master (tm) v7.05

Title: Festive Cranberry Loaf
Categories: Breads, Fruits, Nuts
Servings: 4

2 c Unbleached flour; sifted
1 1/2 ts Baking powder
1/2 ts Baking soda
1 Egg; lg, beaten
1 ts Orange rind; grated
1/4 c Walnuts; chopped
1 c Sugar
1 ts Salt
1/4 c Shortening
3/4 c Orange juice; fresh
1 c Raw cranberries; coarse chop
1 ts Unbleached flour

Sift the 2 cups of flour, sugar, baking powder, salt and baking soda into a bowl then, using a pastry blender, cut the shortening in until crumbs form. Combine the egg, orange juice and orange rind and add to the crumb mixture all at once, stirring until just moistened. Combine the coarsely chopped cranberries, walnuts and 1 tb of flour and add the mixture to the batter. Pour into a greased and waxpaper lined loaf pan 8 1/2 X 4 1/2 X 2 1/2-inch loaf pan. Bake in a preheated 350 degree F. oven for 1 hour or until a cake tester or wood pick inserted in the center comes out clean. Cool in the pan for 10 minutes before turning out to cool to room temperature. Wrap the loaf in aluminum foil and let stand over night for better slicing.

---------- Recipe via Meal-Master (tm) v7.05

Title: Flour Tortillas
Categories: Mexican, Breads
Servings: 12

4 c All purpose flour
1 1/2 ts Baking powder
1 1/2 c Warm water
1 1/2 ts Salt
4 tb Lard or shortening

Combine dry ingredients in a mixing bowl. Cut in shortening. Make a well in the center and add water, a small amount at a time, to form a dough. Knead dough in bowl until smooth and elastic. Cover and wet aside for ten minutes. Form dough into egg-sized balls and flatter between palms. With rolling pin, roll each ball into a 6 inch circle, about 1/8 inch thick. Cook on preheated ungreased skillet over medium high heat, apprx. two min. per side, until tortilla looks slightly speckled. Cover with a clean towel to keep warm and soft until served. The tortillas may be cooled and stored in plastic bags in the freezer for later use.

---------- Recipe via Meal-Master (tm) v7.05

Title: Golden Raisin Loaves
Categories: Breads, Fruits, Yeast
Servings: 10

2	c	Whole wheat flour; stirred	1/4	c	Sugar
2	pk	Active dry yeast; or	2	ts	Active dry yeast; bulk
1	ts	Salt	2	ts	Cinnamon; ground
3/4	c	Water	1/3	c	Butter or regular margarine
1/2	c	Buttermilk	2		Eggs; lg
1 1/2	c	Raisins; golden	2 1/2	c	Unbleached flour; sifted
		Vegetable oil			------vanilla frosting------
2	c	Confectioners' sugar	1/4	ts	Vanilla
2 1/2	ts	Milk			

NOTE: The amount of flour can vary from 2 1/4 to 2 3/4 cups depending on Stir 1 3/4 cups of the whole wheat flour, sugar, undissolved yeast, salt and cinnamon together in a large mixing bowl. Heat the water and butter in a saucepan over low heat to very warm (120-130 degrees F.). Remove from the heat and stir in the buttermilk. Add to the flour-yeast mixture and beat, with an electric mixer on medium speed, until smooth, about 2 minutes. Add the eggs and beat an additional 2 minutes, then stir in the raisins. Gradually add the remaining 1/4 cup of whole wheat flour and enough white flour to make a stiff but light dough. (Heaviness indicates too much flour and the bread will not rise correctly.) Let rest for 5 minutes. Turn the dough out onto a lightly floured surface and knead until smooth, about 5 to 8 minutes. Cover with the mixing bowl and let rest for 30 minutes. Punch the dough down and divide in half. Let rest 10 minutes, then roll each half to a 12 X 7-inch rectangle. Beginning at the 7-inch side, roll up tightly like a jelly roll and seal the edges. Tuck the ends under to form rounded edges, (the loaf should be about 7 X 3-inches in size). Place on a greased baking sheet. Brush with oil and repeat for the second batch of dough. Cover and let rise in a warm place until almost doubled, about 30 minutes. Bake in a preheated 375 degree F. oven for 25 minutes or until the loaves sound hollow when tapped. Remove from the baking sheet and cool on wire racks for 20 minutes. Frost with the vanilla icing if desired. VANILLA ICING: Combine the sugar, vanilla, and milk in a bowl and beat until smooth.

---------- Recipe via Meal-Master (tm) v7.05

Title: Grand Champion Pumpkin Bread
Categories: Breads, Fruits, Vegetables
Servings: 10

3 1/3	c	Unbleached flour; sifted	4	ts	Pumpkin pie spice
2	ts	Baking soda	1	ts	Baking powder
1 1/2	ts	Salt	2 2/3	c	Sugar
2/3	c	Cooking oil	4		Eggs; lg
2	c	Pumpkin; mashed, canned, 1cn	2/3	c	Water
2/3	c	Chopped dates			

Stir the flour, pumpkin pie spice, baking soda, baking powder, and salt

together in a small bowl and set aside. Beat the sugar and oil together in a medium mixing bowl, using an electric mixer set on high, until light and fluffy. Add the eggs, one at a time beating well after each addition, and then beat in the pumpkin. Add the dry ingredients alternately with the water to the sugar mixture, beating well after each addition, using a mixer set on low speed. Stir in the dates and pour the batter into 2 greased 9 X 5 X 3-inch loaf pans. Bake in a preheated 324 degree F. oven for 55 minutes or until a cake tester or wooden pick inserted in the center comes out clean. Cool in the pans on wire racks for 10 minutes, then remove from the pans and continue cooling on the racks.

---------- Recipe via Meal-Master (tm) v7.05

Title: Instant Potato Lefse
Categories: Breads, Christmas
Servings: 6

1 pk (7 oz) instant potatoes
1 tb Butter
1 c Boiling water
2 ts Salt
1 c Rich milk
1 1/2 c Flour

Place instant potato flakes, salt and butter in mixing bowl. Add boilig water to milk and add to potato mixture. Mix quickly until thick and smooth. Add just enough flour to be able to handle dough. Knead lightly. Form into balls and roll very thin on floured board. Bake on hot electric lefse grill (any griddle will work), turning to brown both sides.

---------- Recipe via Meal-Master (tm) v7.05

Title: Justin Wilson's Hush Puppies
Categories: Cajun, Breads
Servings: 48

2 c Cornmeal
1 c Plain flour
1 ts Baking powder
1 ts Salt
1/2 ts Soda
1/2 c Parsley, finely chopped
Deep fat for frying
Ground cayenne pepper
2 Eggs, beaten
1 c Buttermilk
1 c Green onion, finely chopped
2 tb Bacon drippings, hot
1/2 ts Garlic powder (to taste)

Combine all dry ingredients. Add eggs, buttermilk, onions, and oil or bacon drippings. Mix well. Drop in deep hot fat by spoonfuls and brown on all sides. Now, I said above that this makes 48, I've never counted, so I don't know for sure. But it sure does make a bunch. The main reason why I said 48 is because the program, MenuMaster, won't let you past that field unless you tell it something. Justin Wilson says, "Hush puppy is an old Southern term that originated after the Civil War. People didn't have enough for themselves to eat let alone feed their dogs, so when the old hounds started barking from hunger, they would throw pieces of fried corn bread to them, yelling, 'Shut up, dog! Hush puppy!"

---------- Recipe via Meal-Master (tm) v7.05

Title: Kasespatzle (Spaetzle Cheese Noodles)
Categories: German, Breads, Cheese/eggs
Servings: 4

3 tb Butter or margarine
3 oz Emmenthaler cheese; grated
2 c Spaetzle noodles
3 Onions;sliced in small rings
1 ts Dry mustard
2 tb Chives; chopped

Heat butter in frypan, add onions, and brown lightly. Toss cheese with dry mustard. Add cooked noodles to cooked onions and cheese; mix well. Place mixture in an ovenproof casserole. Bake at 300 degrees F. for 20 to 30 minutes or until hot and bubbly. Sprinkle top with chopped chives before serving.

---------- Recipe via Meal-Master (tm) v7.05

Title: Lefse
Categories: Breads, Christmas
Servings: 6

2 c	Milk, scalded	1/2 c	Lard
1 tb	Salt	4 c	Flour

Add lard, salt and 2 cups flour to scalded milk and mix well over low heat. Remove from fire. Sift 2 cups of flour on board, add warm dough and work in flour. Knead well and cool. This dough can be rolled immediately or kept in a cool place for a couple of days. May be stored in a plastic bag. Make a small patty, about hamburger size, with even sealed edges as you would for pastry. Flour board lightly and with a Scandinavian rolling pin roll patty in all directions, keeping the dough round. Roll lightly, stretching dough until it is almost as large as the lefse baker. Use pointed stick to handle dough when it is transferred from the board to the baker. Brown lightly, prick air bubbles, turn and brown other side. It may be necessary to change heat control from high to low. This is a soft bread. Serve with butter, or butter and sugar. (Note: I don't have either a Scandinavian rolling pin or a lefse baker, so I use a regular rolling pin and a griddle. This is like a Swedish tortilla! We usually spread butter and sprinkled sugar over the lefse then rolled them up and DEVOURED them!)

---------- Recipe via Meal-Master (tm) v7.05

Title: Melt-In-Your-Mouth Rolls
Categories: Breads, Yeast
Servings: 6

2 c	Milk	1/4 c	Shortening
1/4 c	Sugar	2 ts	Salt
2 pk	Active dry yeast; or	2 ts	Active dry yeast; bulk
1/4 c	Luke-warm water; (110 deg.f)	7 c	Unbleached flour; sifted
2	Eggs; lg		

Scald the milk in a saucepan. Pour over the shortening, sugar and salt in a large mixing bowl. Cool to lukewarm. Sprinkle the yeast over the lukewarm water and stir to dissolve. Add the yeast mixture, 3 cups of the flour, and eggs to the milk mixture. Beat, using an electric mixer set on medium speed, for about 2 minutes. Gradually stir in enough of the remaining flour to make a soft dough. Turn the dough out on a lightly floured surface and knead until smooth and satiny, about 8 to 10 minutes. Place the dough in a greased bowl, turning once to grease the top and cover. Let rise in a warm place until double, about 1 hour. Punch the dough down and divide the dough into thirds, then let the dough rest for 10 minutes. Divide each third into 12 pieces and shape each piece into a ball. Place 12 balls, equally spaced, in a greased 9-inch round cake pan. Repeat for the remaining two thirds. Cover and let rise until doubled, 45 to 60 minutes. Bake in a preheated 400 degree F. oven for 12 to 15 minutes or until golden brown. Remove from the pans and cool on wire racks.

---------- Recipe via Meal-Master (tm) v7.05

Title: Mexicali Spoon Bread Casserole

Categories: Breads, Cheese, Hamburger
Servings: 8

--------meat mixture--------
1 c Onion; chopped, 1 lg
1 Clove garlic; minced
12 oz Whole kernel corn; 1 cn
Chili powder; to taste
1/2 c Ripe olives; sliced
1 1/2 c Milk
1/2 ts Salt
2 Eggs; lg, beaten
1 1/2 lb Lean ground beef
1/4 c Green bell pepper; chopped
15 oz Tomato sauce; 1 cn
1 1/2 ts Salt
1/8 ts Pepper
------cornmeal topping------
1/2 c Yellow cornmeal
3/4 c Cheddar cheese; shredded

Heat the oven to 375 degrees F. Cook and stir the meat, onion, green pepper and garlic in a large skillet until the onion is tender and the meat is browned. Drain off the excess fat. Stir in the tomato sauce, UNDRAINED corn, 1 1/2 ts salt, the chili powder, pepper and olives. Heat to boiling then reduce the heat and simmer, uncovered, while preparing the cornmeal topping. Mix the milk, cornmeal and 1/2 ts salt in a saucepan. Cook and stir over medium heat just until the mixture boils. Remove from the heat and stir in the cheese and eggs. Turn the hot meat mixture into an ungreased 2 1/2 to 3-quart casserole. Immediately pour the topping onto the meat mixture. Bake, uncovered, until a knife inserted in the topping comes out clean, about 40 minutes. Serve hot.

---------- Recipe via Meal-Master (tm) v7.05

Title: Mexican Cornbread
Categories: Meats, Breads
Servings: 4

1 lb Ground meat
1 c Chopped onion
3 Jalapeno peppers finely chop
3 Large eggs
3 tb Bacon drippings
1 ts Salt
Salt & pepper to taste
1/2 lb Grated american cheese
1 c Cornmeal
1/2 ts Soda
1 c Sweet milk

Make batter by mixing together the cornmeal, eggs, soda, drippings, milk, and salt. Mix well. Brown meat and drain off grease. Grease a 9 x 13-inch baking pan. Add 1/2 batter then sprinkle on the meat, onions, peppers, and last add cheese. Cover with remaining batter. Cook at 350 degrees F. for about 45 minutes. Serve hot.

---------- Recipe via Meal-Master (tm) v7.05

Title: Molasses Refrigerator Muffins
Categories: Muffins, Breads, Brunch
Servings: 12

4 c Unbleached flour, sifted
1 ts Salt
1 ts Ground ginger
1/4 ts Ground allspice
1 1/3 c Vegetable shortening
4 Large eggs, slightly beaten
1 c Butter/sour milk
2 ts Baking soda
1 ts Ground cinnamon
1/4 ts Ground cloves
1/4 ts Ground nutmeg
1 c Sugar
1 c Molasses
1 c Raisins

Sift together flour, baking soda, salt, cinnamon, ginger, cloves, allspice and nutmeg; set aside. Cream together shortening and sugar in mixing bowl until light anf fluffy, using electric mixer at medium speed. Add eggs beat well. Blend in molasses and butter/sour milk. Add dry ingredients all at once, stirring just enough to moisten. Stir in raisins. Spoon into greased 3-inch muffin-pan cups, filling 1/2 full. Bake in 350 degree oven

20 minutes or until golden brown. Serve hot with butter and jam. NOTE: Batter can be stored in refrigerator in covered container for up to 3 weeks.

---------- Recipe via Meal-Master (tm) v7.05

Title: Muffins Basic And Variations
Categories: Muffins, Breads, Breakfast
Servings: 4

2 c	Unbleached all-purpose flour	1 tb	Baking powder
2 tb	Granulated sugar	1 ts	Salt
1	Large egg	1 c	Milk
1/2 c	Vegetable oil		

Grease 12 2 1/2-inch muffin cups. Heat oven to 400 degrees F. Sift Flour, baking powder, sugar and salt into a medium-sized bowl. Stir to mix well. In a small bowl, beat egg with a fork. Add milk and oil. Add all at once to dry ingredients.

Stir mixture only until dry ingredients are moistened. Batter will be lumpy.

Drop batter from a tablespoon into prepared muffins pans, filling each cup half to two-thirds full. Bake 15 to 20 minutes, or until golden brown. Remove from pan and serve hot with butter, jam or marmalade. VARIATIONS: GINGER MUFFINS: Add 1/2 Cup finely diced candied ginger to flour mixture before adding liquid. BANANA PECAN MUFFINS: Prepare muffin batter but use only 1/2 cup milk. Add 1/2 cup chopped pecans and 1/4 t ground nutmeg to sifted flour. Add 1 cup mashed, peeled banana with the egg, milk and oil. BLUEBERRY MUFFINS: Toss 1 cup washed and well-drained fresh or frozen blueberries with sifted flour mixture before adding liquid. ORANGE MUFFINS: Cut 2 peeled navel oranges into sections. When batter is in the cups, place an orange section on top of each and sprinkle lightly with granulated sugar. CHEESE MUFFINS: Fold 1/2 cup grated sharp yellow cheese into muffin mix with the last few strokes on batter. Serve hot with scrambled eggs and bacon for a special breakfast. SURPRISE MUFFINS: Fill muffin cups 1/3rd full of batter. Drop 1/2 t of your favorite jelly in center of batter. Add batter to fill cup 2/3rds full. Kids just love these as you will. COCONUT MUFFINS: Add 1 c Shredded coconut with the last few strokes of mixing. For a snack have coconut muffins, butter and milk. CHIVE MUFFINS: Fold 1/4 cup chives into the batter during the last few strokes and serve at dinner. Great with a steak and salad.

---------- Recipe via Meal-Master (tm) v7.05

Title: Oatmeal Muffins
Categories: Breakfast, Breads, Muffins
Servings: 5

1 c	Quick-cooking oats	1 c	Butter/sour milk
1 c	Unbleached flour, sifted	1 ts	Baking powder
1/2 ts	Baking soda	1 ts	Salt
1/3 c	Butter or regular margarine	1/2 c	Brown sugar, packed
1	Large egg		

Combine oats and butter/sour milk in small bowl. Mix well and let stand 1 hour. Sift together flour, baking powder, baking soda and salt; set aside. Cream together butter and brown sugar in mixing bowl, using electric mixer at medium speed. Add egg; beat until light and fluffy. Add dry ingredients alterantely with oat mixture to creamed mixture, blending well after each addition. Spoon batter into greased 2 1/2-inch muffin-pan cups, filling 2/3rds full. Bake in 400 degree F. oven 20 minutes or until golden brown. Serve hot with homemade jam or preserves.

---------- Recipe via Meal-Master (tm) v7.05

Title: Onion-Cheddar Bread
Categories: Breads
Servings: 4

2 1/2 c	Unbleached all-purpose flour	1 c	Whole wheat flour
1 pk	Active dry yeast	1/3 c	Warm water (110-115 degrees)
1/2 c	Orange juice	1/2 c	Water
2 tb	Butter or margarine *	1	Env. onion soup mix
1 tb	Sugar	1 ts	Salt
5 oz	Shredded cheddar cheese		Melted butter or margarine

* Butter or margarine should be cut into small pieces.

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~---- In medium bowl, combine flours and set aside. In large bowl, dissolve yeast in warm water. Add orange juice, water, butter, onion recipe soup mix, sugar, salt, and 2 cups flour mixture. Mix until smooth. Stir in enough of the remaining flour mixture until soft dough is formed and it pulls away from the sides of the bowl. Turn dough onto lightly floured board, then knead until smooth and elastic, about 10 minutes. Cover and let rise in warm place until doubled, about 1 hour. (Dough is ready if indentation remains when touched) Preheat oven to 375 degrees F. Punch down dough, then turn onto lightly floured board. Press into 10 x 8-inch rectangle; top with 1 cup cheese. roll, starting at 8-inch side, jelly-roll style; pinch ends to seal. Place in 9 x 5 x 3-inch loaf pan, seam side down. Brush with melted butter, then top with remaining cheese. Bake 45 minutes or until bread sound hollow when tapped. Remove to wire rack and cool completely before slicing. Makes 1 loaf.

---------- Recipe via Meal-Master (tm) v7.05

Title: Parmesan Herb Muffins
Categories: Muffins, Breads, Dinner
Servings: 4

2 c	Unbleached flour	1 tb	Sugar
1 1/2 ts	Baking powder	1/2 ts	Baking soda
1/2 ts	Sage leaves, crumbled	1/2 c	Chopped fresh parsley
1/4 c	Grated parmesan cheese	1 1/4 c	Butter/sour milk
1/4 c	Butter/margarine, melted	1	Large egg

Heat oven to 400 degrees F. Grease bottoms of 12 muffin-pan cups or line with paper baking cups. Lightly spoon flour into measuring cup; level off. In large bowl, combine flour sugar, baking powder, baking soda, sage, parsley and cheese, blend well. Add butter/sour milk, margarine and egg; stir just until dry ingredients are moistened. Fill prepared muffin cups 2/3rds full. Bake at 400 degrees F. for 15 to 20 minutes or until toothpick inserted in center coumes out clean. Serve hot. MICROWAVE DIRECTIONS: Prepare muffin batter as directed above. Using 6 cup microwave-safe muffin pan, line each with 2 paper baking cups to absorb moisture during baking. Fill cups 1/2 full. Sprinkle top of each muffin with cornflake crumbs. Microwave 6 muffins on HIGH for 2 1/2 to 3 minutes or until toothpick inserted in center comes out clean, rotating pan 1/2 turn halfway through baking. Remove muffins from pan and immediatedly discard outer baking cups. Cool 1 minute on wire rack before serving. Repeat with remaining batter.

---------- Recipe via Meal-Master (tm) v7.05

Title: Pecan Cinnamon Muffins
Categories: Muffins, Breads, Breakfast
Servings: 4

1	1/2 c	Unbleached flour, sifted	1/4	c	Sugar
	1/4 c	Brown sugar, packed	2	ts	Baking powder
	1/2 ts	Salt	1/2	ts	Ground cinnamon
	1	Large egg, slightly beaten	1/2	c	Vegetable oil
	1/2 c	Milk	1/2	c	Chopped pecans

Sift together flour, sugar, brown sugar, baking powder, salt and cinnamon into mixing bowl. Combine egg, oil and mil in small bowl; blend well. Add all at once to dry ingredients, stirring just enough to moisten. Stir in pecans. Spoon batter into greased 2 1/2-inch muffin-pan cups, filling each 2/3rds full. Bake in 400 degree F. oven 20 minutes or until golden brown. Serve hot with butter and homemade jelly or jam. Serving Hint: Match the mood of your mealtime by using a variety of pretty napkins to line a muffin basket. For a picnic, choose a red and white checked napkin; for special dinners, use your finest linen napkins; and for Christmas, of course, a bright red napkin.

---------- Recipe via Meal-Master (tm) v7.05

Title: Pumpkin Bread
Categories: Breads, Fruits, Nuts
Servings: 4

3	1/2 c	Unbleached flour; sifted	1	1/2 c	Light brown sugar; packed
1	1/2 c	Sugar; granulated		2 ts	Baking soda
1	1/2 ts	Salt		1 ts	Cinnamon; ground
	1/2 ts	Nutmeg; ground		4	Eggs; lg
	1 c	Salad oil		2/3 c	Water
	2 c	Pumpkin; mashed, canned		1 c	Raisins
	1 c	Walnuts; chopped			

Preheat the oven to 375 degrees F, and grease 3 medium (8 1/2 X 4 1/2) loaf pans, sprinkling a little brown sugar in each. Combine all the dry ingredients in a large bowl and fashion a well in the center. Break in the 4 eggs and add the salad oil, water and pumpkin. Beat thoroughly until well mixed, then add the raisins and nuts. Pour into the prepared pans. Bake 1 hour and 15 minutes or until a cake tester or wooden pick inserted in the center comes out clean. Cool for 5 minutes in the pans before turning onto wire racks to cool. NOTE: This bread can be wrapped in aluminum foil and frozen very satisfactorily.

---------- Recipe via Meal-Master (tm) v7.05

Title: Pumpkin Muffins
Categories: Dinner, Breakfast, Breads
Servings: 4

	1 c	Unbleached flour, sifted		2 ts	Baking powder
	1/4 ts	Salt	1/4	ts	Ground cinnamon
	1/4 c	Vegetable shortening	2/3	c	Sugar
	1	Large egg	1/2	c	Canned, mashed pumpkin
	2 tb	Milk			

Sift together flour, baking powder, salt and cinnamon; set aside. Cream together shortening and sugar in mixing bowl until ight and fluffy, using electric mixer at medium speed. Beat in egg. Combine pumpkin and milk in small bowl. Add dry ingredients alternately with pumpkin mixture to creamed mixture, stirring well after each addition. Spoon pagger into paper-lined 2 1/2-inch muffin-pan cups, filling 2/3rds full. Bake in 350 degree F. oven 20 minutes or until golden brown. Serve hot with butter and homemade jam.

---------- Recipe via Meal-Master (tm) v7.05

Title: Pumpkin Oat Muffins
Categories: Breakfast, Breads, Muffins
Servings: 12

1 c	Unbleached flour, sifted	2 ts	Baking powder
1 ts	Pumpkin pie spice	1/4 ts	Baking soda
1/2 ts	Salt	3/4 c	Canned, mashed, pumpkin
1/2 c	Brown sugar, packed	1	Large egg, slightly beaten
1/4 c	Milk	1/4 c	Vegetable oil
1 c	Quick-cooking oats	1/2 c	Raisins
	Crumb topping		

Sift together flour, baking powder, pumpkin pie spice, baking soda and salt; set aside. Combint pumpkin, brown sugar, egg, milk, oil, oats and raisins in bowl; blend well. Add dry ingredients all at once, stirring just enough to moisten. Spoon batter into grease 3-inch muffin-pan cups, filling 2/3rds full. Sprinkle with crumb topping. Bake in 400 degree F. oven 18 to 20 minutes or until golden brown. Serve hot with homemade jelly or jam. CRUMB TOPPING: Combine 1/2 c brown sugar (packed), 1 T unbleached flour, 1/4 t pumpkin pie spice and 2 T butter or regular margarine in bowl. Mix until crumbly.

---------- Recipe via Meal-Master (tm) v7.05

Title: Quick Sticky Buns
Categories: Breads, Yeast
Servings: 24

	----------buns----------	1 1/4 c	Milk
1/4 c	Butter	3 1/4 c	Flour
1/4 c	Sugar	1 ts	Salt
2 pk	Yeast	1	Egg
	----------topping----------	1 c	Brown sugar
1 1/2 ts	Cinnamon	3/4 c	Butter
2 tb	Corn syrup	1 c	Walnuts

Heat milk and butter to 120 to 130 degrees. Mix together 2 cups flour, sugar, salt, yeast and egg. Add liquid and beat medium four minutes. Stir in rest of flour. Cover and rise until double (30 to 45 minutes). Generously grease 24 muffin cups. Chop nuts. Heat all topping ingredients on low until ingredients are melted and combined. Divide topping between muffin cups. Stir down batter. Drop into muffin cups. Cover and rise until double (20 to 30 minutes). Preheat oven to 375 degrees. Place tins on cookie sheet and bake 12 to 15 minutes until golden brown. Cool three minutes then invert on waxed paper.

---------- Recipe via Meal-Master (tm) v7.05

Title: Roggenbrot (Rye Bread)
Categories: German, Breads
Servings: 12

2 pk	Yeast; active dry	1 1/2 c	Milk; lukewarm
2 tb	Sugar	1 ts	Salt
1/2 c	Molasses	2 tb	Butter
3 1/4 c	Rye flour; unsifted	2 1/2 c	Bread flour; unsifted

Dissolve yeast in warm water. In a large bowl combine milk, sugar, and salt. Use a mixer to beat in molasses, butter, yeast mixture and 1 cup of rye flour. Use a wooden spoon to mix in the remaining rye flour. Add white flour by stirring until the dough is stiff enough to knead. Knead 5 to 10

minutes, adding flour as needed. If the dough sticks to your hands or the board add more flour. Cover dough and let rise 1 1 1/2 hours or until double. Punch down dough and divide to form 2 round loaves. Let loaves rise on a greased baking sheet until double, about 1 1/2 hours. Preheat oven to 375 degrees F. Bake for 30 to 35 minutes. Makes 2 round loaves.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sopaipillas
Categories: Mexican, Breads
Servings: 12

4	c Flour	1	tb Baking powder
2	ts Sugar	1 1/2	ts Salt
1/4	c Shortening or lard	1 1/4	c Water or more if needed

Sift dry ingredients together. Cut in shortening until crumbly. Add water and mix until holds together. Knead 10-15 times until dough forms a smooth ball. Cover and let set for 20 minutes. Divide dough into two parts. Roll dough to 1/8" thickness on lightly floured board. Cut into 3" squares or triangles. Do not allow to dry; cover those waiting to fried. When ready to fry, turn upside down so that surface on bottom while resting is on top when frying. Fry in 3" hot oil until golden brown, turning once. Add only a few at a time to maintain proper temperature. Drain on paper towels.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sopaipillas 2
Categories: Mexican, Breads
Servings: 12

1	pk Active dry yeast	1/4	c Warm water (110)
1 1/2	c Milk	3	tb Lard or shortening
1 1/2	ts Salt	2	tb Sugar
4	c All purpose flour	1	c Whole wheat flour
1	Oil		

In a large mixing bowl, dissolve yeast in warm water. In another bowl combine milk, lard, salt and sugar. Heat to 110 degrees and add to dissolved yeast. Beat in 3 cups of the all purpose flour and all of the whole wheat flour. Add abut 1/2 c all purpose flour and mix until a stiff sticky dough forms. Place dough on a floured board and knead, adding more flour as needed, until dough is smooth and nonsticky. Place doug in a greased bowl turning over to grease top. Cover and let stand at room temp. 1 hour. Punch dough down. The dough may be coverec and chilled as long as overnight. Knead dough on alightly floured board to expel air. Roll dough out, a portion at a time, to slightly less than 1/8" thick. Cut in 2"X 5" rectangles or 3" squares for appetizers. Place on lightly floured pans and lightly cover. If you work quickly you can let cut sopaipillas stay at room temp up to 5 min; otherwise, refrigerate them until all are ready to fry. In a deep wide frying pan or kettle heat 1 1/2 - 2 inches oil to 350 on a deep fat frying thermometer. Fry 2 or 3 at a time. When the bread begins to puff, gently push the bread into the hot oil several times to help it puff more evenly. Turn several times and cook just until pale gold on both sides, 1-2 minutes total. Drain on paper towels. Serve immediately or place in a warm oven until all are fried. Or if made ahead, cool, cover and chill or freeze. To reheat, bake uncovered in a 300 oven, turnig once, just until warm, 5-8 min. Do not overheat or they will become hard.Makes 2 dozen large sopaipillas or about 4 dozen small ones.

---------- Recipe via Meal-Master (tm) v7.05

Title: Souper Baked Sandwich
Categories: Breads, Cheese, Hamburger
Servings: 6

1 1/2	lb Lean ground beef	1/4 c	Onion; chopped, 1 sm
1/2	ts Salt	1/2 c	Celery; chopped
4	c Herb stuffing cubes; not mix	1 1/2 c	Milk
2	Eggs; lg	10 3/4 oz	Cream of mushroom soup; 1 cn
1	ts Mustard; dry	1 c	Cheddar cheese; shredded,4oz

Heat the oven to 350 degrees F. Cook and stir the meat, onion and celery in a large skillet until the meat is brown. Drain off the excess fat. Stir in the salt. Arrange the stuffing cubes in a greased baking pan, 9 X 9 X 2 or 11 3/4 X 7 1/2 X 1 3/4-inches and top with the meat mixture. Beat the milk, eggs, soup, and mustard together and pour over the meat. Then sprinkle with the cheese and bake uncovered until a knife inserted in the center comes out clean, about 30 to 40 minutes. Cool for 5 minutes and then cut into squares and serve.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Banana Bread
Categories: Breads
Servings: 12

1/2	c Shortening	1	c Sugar
1	Large egg	1	c Mashed bananas
1	c Active sourdough starter	2	c Unbleached flour
1	ts Salt	1	ts Baking powder
1/2	ts Baking soda	3/4	c Chopped walnuts
1	ts Vanilla or	1	ts Grated orange peel

Cream together the shortening and sugar, add egg and mix until blended. Stir in bananas and sourdough starter. Add orange peel or vanilla. Stir flour and measure again with salt, baking powder and soda. Add flour mixture and walnuts to the first mixture, stirring until just blended. Pour into greased 9 x 5-inch loaf pan. Bake in 350 degree oven for 1 hour or until toothpick comes out clean. Cool to cold before slicing.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Cornbread
Categories: Breads
Servings: 4

1/2	c Active sourdough starter	2	tb Margarine, melted
1/2	c Cornmeal	1	ts Salt
1	tb Sugar	1/2	c Sour cream or yogurt
2	Large eggs, stirred	1	c Unbleached flour
1/2	ts Cream of tartar	1/2	ts Baking powder

Mix ingredients in the above order, stirring only enough to blend the mixture. Pour into a buttered pan. Bake in a 375 to 400 degree oven for about 15 minutes.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Honey Whole Wheat Bread
Categories: Sourdough, Breads
Servings: 4

1	pk Active dry yeast	1	c Warm water

1	ts Salt	2/3	c Sourdough starter
1/2	c Honey	1 1/2	tb Shortening
4	c Whole wheat flour		

Dissolve yeast in 1 cup warm water. Mix yeast, starter, honey, salt and shortening with 3 cups flour. Add more flour as needed to make a stiff dough. Knead 150 strokes on a floured surface and place in a greased bowl. Cover and let rise 1 to 1 1/2 hours until doubled in size. Punch down, let double again. Punch down and roll into tight loaf. Grease and place in bread pan. Let double in pan and bake at 400 degrees F. for 35 to 40 minutes or until very dark golden brown, and it sounds hollow when thumped.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Pancakes #1
Categories: Breads
Servings: 4

1/2	c Active starter	1/2	c Pancake mix
1	Large egg	1	tb Cooking oil
1/2	c Milk	1/2	ts Soda

Mix all ingredients well. Be careful not to over mix. Small lumps are ok. Lightly grease a hot cast iron griddle. Drop onto griddle with a large spoon while the batter is still rising.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Pancakes #2
Categories: Breads
Servings: 4

1	c Active starter	1	Large egg
2	tb Cooking oil	1/4	c Instant or evaporate milk
1	ts Salt	1	ts Baking soda
2	tb Sugar		

Mix ingredients together and let the mixture bubble and foam a minute or two, then drop on hot griddle in large spoonfuls.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Pancakes #3
Categories: Breads
Servings: 6

2	c Active starter	2	c Unbleached flour
1	ts Baking soda	2	Large eggs, well beaten
1	tb Sugar	1	ts Salt
	Bacon fat (2; 3 t)		

Mix well and cook on hot griddle. Note: This is good recipe for camping. Instead of fresh eggs, you can use 1 T Powdered eggs.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Pizza Shells
Categories: Breads
Servings: 4

1 c	Sourdough starter	1 tb	Shortening, melted
1 ts	Salt	1 c	Flour

Mix ingredients, working in the flour until you have a soft dough. Roll out into a flat shape. Dash oil over a dough sheet and place dough on it. Bake about 5 minutes. It doesn't take long, so watch carefully. Have pizza sauce and topping ready and make pizza as usual. Then bake as usual.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Pumpernickle
Categories: Breads
Servings: 10

1 1/2 c	Active sourdough starter	2 tb	Caraway seeds, chopped
2 c	Unsifted rye flour	1/2 c	Boiling black coffee
1/2 c	Molasses	1/4 c	Dry skim milk
2 ts	Salt	3 tb	Melted shortening
1/2 c	Whole milk	2 3/4 c	Unbleached flour
1 pk	Active dry yeast		

Pour boiling coffee over chopped caraway seeds. Let the mixture cool and then add it to the rye flour and starter which have previously been mixed well. Let stand for 4 to 8 hours in a warm place, preferabley overnight. Then add the molasses, dry milk, salt, shortening,liquid milk, unbleached flour and yeast. Mix well. Cover the bowl and let rise to double. Then knead on floured board and shape into two round loaves on baking sheet. Let rise until double again and bake at 350 degrees for 30 minutes or until done.

---------- Recipe via Meal-Master (tm) v7.05

Title: Spatzle (Spaetzle Noodles)
Categories: German, Breads
Servings: 4

3 c	Flour; unbleached	1 ts	Salt
1/4 ts	Nutmeg	4	Eggs; large, beaten
1/4 c	Butter		

Sift flour, salt and nutmeg together in a bowl. Pour eggs and 1/4 cup water into middle of flour mixture, beat with a wooden spoon. Add enough water to make the dough slightly sticky, yet keeping it elastic and stiff. Using a spaetzle machine or a colander with medium holes, press the noodles into a large pot full of boiling salted water. Cook noodles in the water about 5 minutes or until they rise to the surface. Lift noodles out and drain on paper towels. Brown noodles in melted butter over low heat.

---------- Recipe via Meal-Master (tm) v7.05

Title: Spicy Applesauce Bread
Categories: Breads, Fruits, Nuts
Servings: 6

1 c	Raisins	1/2 c	Water
1 c	Applesauce	1 1/2 c	Unbleached flour; sifted
1 ts	Baking soda	1/2 ts	Cinnamon; ground
1/8 ts	Cloves; ground	1/2 c	Butter or regular margarine
1 c	Sugar	1	Egg; lg
1 ts	Vanilla	1/2 c	Walnuts; chopped

Combine the raisins and water in a small saucepan. Bring the mixture to a

boil then reduce the heat and simmer, covered, for 1 minute. Remove from the heat and stir in the applesauce. Cool to lukewarm. Sift the flour, baking soda, and spices together into a small bowl and set aside. Cream the butter and sugar in a mixing bowl until light and fluffy, using an electric mixer set on medium. Beat in the egg and vanilla. Add the dry ingredients alternately with the applesauce mixture, into the creamed mixture, beating well after each addition. Stir in the walnuts. Turn the mixture into a greased and waxed paper lined 9 X 5 X 3-inch loaf pan. Bake in a preheated 350 degree F. oven for 1 hour or until a cake tester or wooden pick comes out clean when inserted in the center of the loaf. Cool in the pan for 10 minutes before turning out on a wire rack to finish cooling.

---------- Recipe via Meal-Master (tm) v7.05

Title: Spicy Apricot Oat Muffins
Categories: Muffins, Breads, Breakfast
Servings: 6

2 c	Unbleached flour, sifted	1/2 c	Sugar
3 ts	Baking powder	1 ts	Salt
2 ts	Pumpkin pie spice	1/2 c	Quick-cooking oats
1 c	Chopped dried apricots	1/2 c	Chopped walnuts
2	Large eggs, slightly beaten	1 1/3 c	Milk
1/4 c	Vegetable oil		

Sift together flour, sugar, baking powder, salt and pumpkin pie spice into large mixing bowl. Stir in oats, apricots, and walnuts. Combine eggs, milk and oil in small bowl; blend well. Add all at once to dry ingredients, stirrin just enough to moisten. Spoon batter into greased 3-inch muffin-pan cups, fill 2/3rds full. Bake in 350 degree F. oven 30 minutes or until golden brown. Serve hot with butter and homemade jam or jelly.

---------- Recipe via Meal-Master (tm) v7.05

Title: Toronto Bran Muffins
Categories: Breads, Quick
Servings: 12

1 1/4 c	Hot milk	2 tb	Oil
3	Eggs		

Combine cereal with hot milk in a 1-1/2 quart mixing bowl and let it stand about 10 minutes---or until the cereal has absorbed all of the milk. With the electric mixer on high speed, beat in the oil and eggs till completely blended. Remove the beaters. Switch to a sturdy spoon and dump in the cake mix, stirring only to moisten all of it thoroughly---but don't overmix or overbeat or the muffin texture will be heavy and tough. The batter will be a bit lumpy. Cover the bowl and let the batter stand 15 minutes while you preheat the oven to 400 F, and grease 12 muffin tin wells in Crisco, evenly. Divide batter equally between the 12 wells. If you are using cupcake tin wells, you will have 15 muffins. Bake at 400 for 20 to 25 minutes, or till golden brown. Wipe tops of each while still warm in softened butter or margarine.

---------- Recipe via Meal-Master (tm) v7.05

Title: True Garlic Bread
Categories: Breads, Garlic
Servings: 6

	Garlic puree(2 roasted head)	1/4 lb	Unsalted butter, softened
2 tb	(2 pk) dry yeast	1/2 c	Warm water (115-120 degrees)

2 1/2 c	Warm water	2 tb	Kosher salt
3 1/4 c	Whole wheat flour	3 1/4 c	Unbleached all purpose flour
	Cornmeal		

Cream together the garlic puree and butter. (This may be done days in advance and refrigerated. Bring to room temperature before using). Combine the yeast with 1/2 cup warm water in large bowl. Stir with a fork or small whisk. Add an additional 2 1/2 cups water. Add salt. Stir in the flour, 1 c at a time, beginning with the whole wheat. Use a whisk until the dough becomes stiff, then switch to a wooden spoon. Turn the dough onto a well floured work surface. Knead rhythmically for 10 to 15 minutes, until the dough is smooth, springy, nonsticky, and elastic. Add more flour as you knead if necessary. The dough is ready if you can poke to fingers into it and the resulting indentations spring back. Cover the dough with a cloth and let rest while you wash, dry and generously butter the bowl. Knead the dough a few more turns, then form it into a ball and place it in the bowl. Turn it to coat with butter. Cover the bowl and put it in a warm, draft-free place until the dough has doubled in bulk, about 1 1/2 hours. It has risen sufficiently when you can gently poke a finger into the dough and the hole reamins. (Don't poke too enthusiastically or the dough will collapse.) When doubled, flour your fist and punch the dough down. Knead it a few times and then let it rest. Sprinkle 1 large or 2 small baking sheets with a liberal amount of cornmeal. Divide the dough into 3 equal parts. While you work with 1 piece, keep the other 2 covered. Flour your work surface. With a rolling pin, roll each piece of dough into a rectangle approximately 14-inches long X 7-inches wide. Spread it with softened garlic butter. Roll the long edge toward the opposite long edge, as if you were rolling up a rug. Pinch ends closed. Place loves on the baking sheets. With a sharp knife or razor blade, slash the loves lightly at 2-inch intervals. Cover with a cloth and place in a warm draft-free place to rise until doubled, about 1/2 hour. Meanwhile preheat oven to 400 degrees F. Bake for 35 to 40 minutes with a pan of boiling water on the oven floor. Spray loaves with water several times during the baking process. (This helps the bread form a thick crusty shell.) To test for doneness, rap the loaf with your knuckles. The loaf should sound hollow. Cool on wire racks, but the loaves are delicious eaten warm right out of the oven.

---------- Recipe via Meal-Master (tm) v7.05

Title: Walnut Brown Bread
Categories: Breads, Fruits, Nuts
Servings: 10

3 c	Raisins	3 c	Water
1/4 c	Shortening	5 1/2 c	Unbleached flour; sifted
2 c	Sugar	4 ts	Baking soda
2 ts	Salt	2	Eggs; lg, slightly beaten
1 c	Walnuts; chopped		

Combine the raisins and water in a 3-quart saucepan and bring to a boil. Boil, uncovered, for 5 minutes, then remove from the heat and add the shortening. Cool to lukewarm. Sift the flour, sugar, baking soda and salt together into a mixing bowl and add the eggs, walnuts and raisin mixture. Stir until just moistened. Spoon the batter into 6 greased (1-lb) vegetable cans. Bake in a preheated 350 degree F. oven for 1 hour or until a cake tester or wooden pick inserted in the center of each loaf comes out clean. Cover with aluminum foil for the last 15 minutes of baking to prevent overbrowning. Cool in the cans for 10 minutes before turning out onto wire racks to cool to room temperature.

---------- Recipe via Meal-Master (tm) v7.05

Title: Weixenkeimbrot (Molasses Brown Bread)

Categories: Breads
Servings: 4

2 1/2	c	Whole-wheat flour	1 1/2	c	Wheat germ
1/3	c	Brown sugar	1/2	ts	Salt
1	c	Raisins; mixed dark & light	2	ts	Baking soda
1 7/8	c	Buttermilk	1/3	c	Molasses

Preheat oven to 325 degrees F. Grease a 9 X 5 X 3-inch pan. Combine flour, wheat germ, brown sugar, salt and raisins in a mixing bowl. Mix well. In a second mixing bowl, mix baking soda, buttermilk and molasses, using a wooden spoon. This misture will start to bubble. Immediately mix it into the dry ingredients. Spoon the batter into the greased pan. Bake at once. The bread is done when a toothpick comes out clean, about 1 hour. Turn out of the pan and cool on a wire rack. Makes 1 loaf.

---------- Recipe via Meal-Master (tm) v7.05

Title: Citrus Dumplings
Categories: Citrus, Breads
Servings: 2

1/2	ts	Finely Shredded Orange Peel	1/2	c	Orange Juice
2	ts	Cornstarch	1/4	ts	Ground Cinnamon
11	oz	Mandarin Orange Sect., Drain	1/2	c	Bisquick
2	tb	Sugar	2	tb	Milk
1	ts	Sugar			Dash Ground Cinnamon

In a 1-quart casserole stir together orange juice, cornstarch and 1/4 t ground cinnamon. Micro-cook, uncovered, on 100% power for 1 1/2 to 2 minutes or till thickened and bubbly, stirring every 30 seconds. Stir in drained mandarin orange sections and finely shredded orange peel. Micro-cook, uncovered, on 100% power for 1 to 1 1/2 minutes or till mixture is heated through. Meanwhile for dumplings, stir together Bisquick and 2 T sugar. Add milk, stirring just till moistened. Drop mixture into four mound atop the hot orange mixture. Micro-cook, uncovered, at 50% power for 6 to 7 minutes or till dumplings are just set. Stir together the 1 t sugar and dash ofground cinnamon. Sprinkle sugar mixture atop dumplings.
RECIPE CLIPPED by Michael Prothro
<<<RECIPE CUT>>>

---------- Recipe via Meal-Master (tm) v7.05

Title: AARONSON CORN MUFFINS
Categories: Breads, Aaronson, Nw
Servings: 1

----------SUSAN AARONSON PSTT79C----------

1 1/3	c	Flour	1	c	Sour cream
2/3	c	Cornmeal	3		X-lg eggs
1/2	c	Sugar	5	tb	Butter; melted
3	ts	Baking powder	12	oz	Can Green Gian Mexicorn;optl
1/2	ts	Baking soda	1/2	c	Bacon; coarsely chopped
	pn	Salt			Cupcake papers

I like to add the Mexicorn and bacon to this recipe. It certainly does enhance the flavor, but if you want plain corn muffins, you can certainly omit these 2 ingredients. Preheat oven to 400~. You'll need either one or two 12 unit muffin tins, lined with cupcake papers. Whisk the dry ingredients together, throughly, in a bowl and set aside. Whisk the sour cream, eggs amd melted butter together until well-blended. Make a well in the dry ingredients, pour in cream/butter/egg mixture and if you're adding the corn and bacon, add them now. Using a spatula, fold the ingredients together, just until combined--DON'T OVERMIX. Spoon the mixture into the

lined muffin tins, filling them evenly, about 3/4 full. Bake for 20-25 minutes, testing until a wooden pick comes out clean. Let me know if these muffins are what you're looking for. I have more recipes if they're not. Enjoy.....Susan MM Format Norma Wrenn npxr56b

---------- Recipe via Meal-Master (tm) v7.05

Title: BREAD PUDDING..VHPK03A
Categories: Desserts, Chocolate, Breads, Puddings
Servings: 6

	Bread; to fill dish 2/3 full		2	c	Milk
2/3	c Sugar		2		Eggs
2	tb Cocoa		1	ts	Vanilla

Into a greased casserole dish break up enough bread to fill it 2/3 full. Over this pour 2/3 cup sugar, 2 Heaping Tbsp cocoa that have been mixed together. Toss all together lightly (to coat the bread). To 2 cups of milk add 2 well beaten eggs and 1 tsp vanilla. Pour this over the bread and it should just cover the pieces. Bake at 350 for about 45 minutes. Serve with milk ...or with a lump of butter melting into the nice warm pudding. or with Cool Whip, etc.

---------- Recipe via Meal-Master (tm) v7.05

Title: Altdeutxche Brotchen (Old German Muffins)
Categories: German, Breads, Desserts, Fruits
Servings: 4

3/4	c Butter Or Margarine		1/2	c	Sugar
2	Eggs; Large		1	tb	Rum
1	ts Vanilla Extract		3	tb	Milk
1/2	ts Cinnamon		2	ts	Baking Powder
2 1/4	c Flour; Unbleached		1/4	c	Almonds; Ground
1	tb Orange Rind; Grated		1/4	c	Raisins; If Desired

Cream butter and sugar. Beat in eggs, rum, vanilla, and milk. Mix cinnamon, baking powder, and flour. Add flour mixture to butter mixture. Gently mix in almonds, orange rind, and raisins. Pour batter into greased muffin tins, filling half full. Bake at 375 degrees F. for 25 to 30 minutes, or until browned. Makes 18 muffins.

---------- Recipe via Meal-Master (tm) v7.05

Title: WHOLE WHEAT SOURDOUGH
Categories: Breadmaker, Breads
Servings: 8

	-JUDY GARNETT PJXG05A		2	ts	Wheat germ
2	ts Yeast		1/2	ts	Ginger
2	c Whole wheat bread flour		2	tb	Olive oil
1 1/3	c Unbleached bread flour		1	tb	Honey
2	tb Buttermilk powder		1/2	c	Whole wheat s/d starter (you
2	tb Vital wheat gluten		1	c	Water ; (i use bottled h20)
2	tb Lecithin		1/2		Margarine, room temp.
2	ts Salt ; lite				

I used the whole wheat starter and experimented with your whole wheat bread recipe in the DAK today. It turned out great. Basically, I just halved your recipe and added a few things. My DAK is a 3 cup flour model, is yours? If I'm using whole wheat or rye flour, I can add more flour because it doesn't rise as much. Also, whenever I use whole wheat, etc. I add vital wheat

gluten and lecithin to aid elasticity and to help it rise. This is what I put in the DAK and the order I used: Turn the light/dark setting to 12 o'clock and set the menu to Sweet Bread (the auto. one, not the manual one) Later, at the beeps, I added 3/4 c. pecans (didn't have walnuts on hand). I usually add large pieces since they are kind of cut up by the B/M while knead ing. We can keep experimenting with this....let me know if you try it and what you add or subtract. Have you ever added raisins, oatmeal or any kind of seeds? The B/M gives me the lazy way out, and I wanted to see what it would do in it. Thanks so much for taking precious time to post the recipe. P.S. I have some of the beer s/d starter to give you when we get together, but the whole wheat starter is GREAT!. Regards, 08/21 11:14 P.M. JUDY/NC PJXG05A

---------- Recipe via Meal-Master (tm) v7.05

Title: GARDEN HERB BREAD
Categories: Breads, Breadmaker, Brunch, Holiday
Servings: 8

-MARILYN SULTAR FJVS25A

---------- REGULAR LOAF ----------

2 c	White Bread Flour	1 ts	Thyme
1 tb	Dry Milk	1/2 ts	Basil
1 tb	Sugar	1 tb	Butter
1 ts	Salt	3/4 c	Water
1 ts	Chives	1 ts	FAST RISE Yeast OR
1 ts	Marjoram	2 ts	ACTIVE DRY Yeast

---------- LARGE LOAF (12 SERVINGS ----------

3 c	White Bread Flour	1/2 tb	Thyme
2 tb	Dry Milk	1 ts	Basil
2 tb	Sugar	2 tb	Butter
1 1/2 ts	Salt	1 1/4 c	Water
1/2 tb	Chives	2 ts	FAST RISE Yeast OR
1/2 tb	Margoram	3 ts	DRY ACTIVE Yeast

NOTE: I rewrote the recipe to follow order of my machine. It works wonderfully in my Panasonic.

This bread tastes like stuffing! It is WONDERFUL!!!! Here are some hints from the book: 1. Use dried herbs that are flaked and not ground. If using ground, reduce the amt. by half. If using fresh herbs, double the recipe. 2. This recipe can be made with the regular, rapid, or delayed time bake cycles.

This recipes comes from "Bread Electric" from the Innovative Cooking Enterprises. I make the regular size loaf in my machine. Marilyn Sultar

---------- Recipe via Meal-Master (tm) v7.05

Title: WALNUT BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield

2 1/4 c	Bread flour	1 tb	Butter
1 tb	Sugar	1/4 c	Walnuts (1 oz); chopped
1 tb	Dry milk	15/16 c	Water (7 1/2 fl.oz)
1 ts	Salt	1 ts	Dry yeast

Timer OR Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Press start.

---------- Recipe via Meal-Master (tm) v7.05

Title: YOGURT BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield

2 1/4 c	Bread flour
1 tb	Sugar
1 tb	Dry milk
1 ts	Salt
1 tb	Butter
2 tb	Sesame seeds
1/2 c	Yogurt (4 1/2 oz)
1/2 c	Water
1 ts	Dry yeast

Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Press start.

---------- Recipe via Meal-Master (tm) v7.05

Title: ZUCCHINI BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield

2 1/4 c	Bread flour
1 tb	Dry milk
1 ts	Salt
1 tb	Butter
1/4 c	Walnuts (1 oz); chopped
1 ts	Cinnamon
1/2 ts	Ground cloves
3 tb	Zucchini; grated
3/4 c	Water
1 ts	Dry yeast

Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Press start.

---------- Recipe via Meal-Master (tm) v7.05

Title: DINNER ROLLS - PAN-1
Categories: Breadmaker, Breads, Rolls
Servings: 1

XKGR41A Don Fifield

2 1/4 c	Bread flour
3 tb	Sugar
2 tb	Dry milk
1 ts	Salt
2 1/2 tb	Butter
5/8 c	Water (5 fl.oz)
1 ts	Dry yeast

TOPPINGS:

1	Egg -(for brushing on top)
3/4 tb	Poppy seeds; (optional -for sprinkling on top)
3/4 tb	Sesame seeds; (optional -for sprinkling on top)

1. Place first 5 ingredients inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. SELECT: BASIC DOUGH MODE. Press start. (Breadmaker completes the basic dough mode (2

hours and 25 minutes later) 2. Divide the dough into 12 equal portions. Roll each portions into a ball. Cover with a plastic wrap and rest for 20 minutes. 3.

---------- Recipe via Meal-Master (tm) v7.05

Title: BRIOCHE - PAN-1

Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield

2 1/4	c	Bread flour
1 1/2	tb	Sugar
1	tb	Dry milk
1	ts	Salt
6	tb	Butter
3	lg	Eggs
1/4	c	Water
2	ts	Dry yeast
1		Egg; beaten for brushing -on top

1. Place first 5 ingredients inside the bread pan. Add eggs and water. Close cover and place dry yeast into the yeast holder. SELECT: BASIC DOUGH MODE. Press start. (Breadmaker completes the basic dough mode 2 hours and 25 minutes later) 2. Place dough in greased bowl. Cover. Rest the dough in fridge for 30 minutes. 3. Divide dough into 8 equal portions. Roll each portion into a ball. Cover with a plastic wrap and rest for 20 minutes. 4. Using edge of the hand, pinch off about 1/4th of the dough without detaching it. Roll the dough on the bench so that both parts are round. 5. Place the dough in the tin large-end first. With fingertips, press the small ball around its circumference into the large one. 6. Place tins on baking pan. (could use muffin tins???) Spray water on top. Proof at 90 deg. for 30 to 50 minutes or until the larger ball rises above the tin. 7. Brush with beaten egg. 8. Bake in 350 deg. oven for 10 to 15 minutes or until golden brown.

---------- Recipe via Meal-Master (tm) v7.05

Title: CROISSANTS - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield

2 1/4	c	Bread flour
1 1/2	tb	Sugar
2	tb	Dry milk
1	ts	Salt
1	tb	Butter
2/3	c	Water
2	ts	Dry yeast
		FOR LATER USE:
5	oz	Butter; -chiled for folding in the -dough
1		Egg; beaten for brushing -on top

1. Place first 5 ingredients inside the bread pan. Add water. Close cover and place dry yeast into the yeast holder. SELECT: BASIC DOUGH MODE. Press start. (Breadmaker completes the basic dough mode 2 hours and 25 minutes later) 2. Place dough in greased bowl. Cover. Rest the dough in fridge for 30 minutes. 3. Roll 5 oz of chilled butter between two sheets of waxed paper into a 8 x 7 inch rectangle. Place back in the refrigerator. Chill at least 1 hour. 4. Roll out the dough on a lightly floured surface into a 10 x 10 1/2 inches rectangle. 5. Place the rolled out butter over two-thirds of the dough. Fold the third without butter over the center third. 6. Fold the remaining third on top. Seal edges. Rest the dough in the refrigerator for 20 to 30 minutes. 7. Place the dough at right angles to the previous position in #5. Roll out into 10 x 10 1/2 inches. Fold into thirds. Wrap and place into refrigerator for 20 to 30 minutes. Fold and roll twice more. Wrap and chill after each rolling. After the final folding, chill several hours or overnight. 8. Cut dough crosswise into thirds. Cut each third in thirds. cut each third diagonally to form two triangles. 9. Roll up each triangle loosely, starting from the side oposite the point. Curve ends. 10. Place seam side down on a greased baking pan. 11. Spray water on top. Proof at 90. deg. for 30 to 50 minutes or until nearly doubled. 12. Brush croissants with beaten egg. 13. Bake in 375 deg. oven for 10 to 15 minutes or until golden brown.

---------- Recipe via Meal-Master (tm) v7.05

Title: FRENCH BREAD (BAGUETTE) - PAN-1

Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield

2 1/4 c Bread flour
1 ts Salt
1 1/2 ts Sugar
1 1/2 ts Buttar
3/4 c Water
1 ts Dry yeast
FOR TOPPING:
2 tb Poppy seeds; optional

----------DON FIFIELD, MARIETTA, GA----------

1. Place first 4 ingredients inside the bread pan. Add water. Close cover and place dry yeast into the yeast holder. SELECT: BASIC DOUGH MODE. Press start. (Breadmaker completes the basic dough mode 2 hours and 25 minutes later) 2. Divide dough into 2 equal portions. Roll each portions into a ball. 3. Place the dough in a greased bowl. Cover. Rest for about 20 minutes. (Place in the refrigerator during the summer time.) 4. Roll each ball into a rectangle, using a rolling pin. 5. Starting at one short edge, roll the dough up tightly into a thin log, pinching the edges to seal. Taper and round ends. 6. Place on a greased baking pan. Spray water on top. Proof at 90 deg. for 60 minutes or until nearly doubled. 7. Brush with water. With a sharp knife, make 3 or 4 diagonal cuts about 1/4 inch deep across top of the logs. 8. Sprinkle with poppy seeds if desired. 9. Bake in 375 deg. oven for 25 to 30 minutes or until golden brown. (If your oven allows for steaming, bake with steam for first 10 minutes.)
FOOD AND WINE CLUB TOPIC: FOOD SOFTWARE TIME: 01/12 9:22 PM TO: ALL
FROM: DON FIFIELD (XKGR41A) SUBJECT: BM - PANASONIC 1 LB

---------- Recipe via Meal-Master (tm) v7.05

Title: DANISH ROLLS - PAN-1
Categories: Breadmaker, Breads, Rolls
Servings: 1

XKGR41A Don Fifield

1 3/4 c Bread flour (8 1/5 oz)
1/2 c All purpose flour (2 1/3 oz)
4 tb Sugar
3 tb Dry milk
1 ts Salt
1/3 c Butter (2 1/10 oz)
1/2 c Water
1 sm Egg
2 ts Dry yeast
FILLING:
1/3 c Raisins (3 oz)
1/4 c Sliced almonds (2/3 oz)
OR
1/2 c Mixed nuts; chopped
1 tb Cinnamon
2 tb Sugar
1 Egg; beaten for top

1. Place first 6 ingredients inside the bread pan. Add water. Close cover and place dry yeast into the yeast holder. SELECT: BASIC DOUGH MODE. Press start. (Breadmaker completes the basic dough mode 2 hours and 25 minutes later) 2. Place the dough in a greased bowl. Cover. Rest for about 30 minutes in the refrigerator. 3. Roll out the dough on a lightly floured surface into a 10 x 16 inch rectangle. 4. Spread the filling over the dough. 5. Starting at one short edge, roll the dough up tightly into a log. 6. Brush with beaten egg over the sealed end. 7. Cut the log into 10 equal portions. 8. Place on a greased baking pan. Spray water on top. Proof at 90 deg. for 20 to 30 minutes. 9. Brush rolls with beaten egg. 10. Bake in 375 deg. oven for 10 to 15 minutes or until golden brown.

---------- Recipe via Meal-Master (tm) v7.05

Title: DOUGHNUTS - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield

1 1/2 c Bread flour (7 oz)
1 ts Dry yeast
TOPPINGS:

3/4 c	All purpose flour (3 1/2 oz)	3 oz	Semi sweet chocolate; -melted
3 tb	Sugar		
2 tb	Dry milk	1/2 c	Blanched almonds; chopped
1 ts	Salt	1/2 c	Powdered sugar
2 1/2 tb	Butter	1/2 c	Whipped cream
3/4 c	Water	1/2 c	Cinnamon sugar (2 3/4 oz)

1. Place first 6 ingredients inside the bread pan. Add water. Close cover and place dry yeast into the yeast holder. SELECT: BASIC DOUGH MODE. Press start. (Breadmaker completes the basic dough mode 2 hours and 25 minutes later) 2. Divide the dough into 12 equal portions. Roll each portion into a ball. 3. Place on a lightly floured surface. Cover with a plastic wrap and rest for 20 minutes.) 4. Shape each ball as desired, in a ring, twisted, or in an oval shape. Place on a greased baking pan. 5. Proof at 90 deg. for 30 minutes or until nearly doubled. 6. Deep fry the doughnuts in 360 deg. oil until golden brown. Let cool. 7. Garnish with your choice of toppings. 8, If desired, cut a hole on one end of doughnut and fill with jelly or your favorite filling.

---------- Recipe via Meal-Master (tm) v7.05

Title: LIGHT WHOLE WHEAT BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

	XKGR41A Don Fifield	1 tb	Butter
1 1/8 c	Whole wheat flour (5 1/4 oz)	1 tb	Molasses
1 1/8 c	Bread flour (5 1/4 oz)	15/16 c	Water (7 1/2 fl.oz)
1 tb	Dry milk	1 ts	Dry yeast
1 ts	Salt		

Timer OR Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. SELECT: WHOLE WHEAT BAKE MODE. Press start. 5:00 will show.

---------- Recipe via Meal-Master (tm) v7.05

Title: MILLET BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

	XKGR41A Don Fifield	1 tb	Butter
1 1/8 c	Whole wheat flour (5 1/4 oz)	3 tb	Toasted bran
1 1/8 c	Bread flour (5 1/4 oz)	1 tb	Molasses
1/4 c	Millet flour	1 c	Water
1 tb	Dry milk	1 ts	Dry yeast
1 ts	Salt		

Timer OR Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. SELECT: WHOLE WHEAT BAKE MODE. Press start. 5:00 will show.

---------- Recipe via Meal-Master (tm) v7.05

Title: MULTIGRAIN BREAD II - PAN-1
Categories: Breadmaker, Breads
Servings: 1

	XKGR41A Don Fifield	1 ts	Flax seeds
1 1/8 c	Whole wheat flour (5 1/4 oz)	1 ts	Cornmeal

```
      1 c  Bread flour (4 7/10 oz)            1 tb Dry milk
      2 tb Triticale flour *                  1 ts Salt
      2 tb Soy flour                          1 tb Butter
      1 tb Oats                               1 tb Molasses
      2 tb Toasted bran                       1 c  Water
      1 tb Cracked wheat cereal               1 ts Dry yeast
      1 ts Millet flour

  *  If triticale flour is unavailable, use 1 tb all purpose flour and 1 tb
  rye flour. Place all ingredients (except liquids and yeast) inside the
  bread pan. Add liquid ingredients. Close cover and place dry yeast into the
  yeast holder. SELECT: WHOLE WHEAT BAKE MODE. Press start. 5:00 will show.

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---------- Recipe via Meal-Master (tm) v7.05

      Title: WHOLE WHEAT APPLE-RAISIN BREAD - PAN-1
 Categories: Breadmaker, Breads
   Servings:  1

           XKGR41A Don Fifield              1/4 c  Apple sauce (2 oz)
  1 1/8 c  Whole wheat flour (5 1/4 oz)     1/4 c  Raisins (1 1/2 oz)
  1 1/8 c  Bread flour (5 1/4 oz)           1/2 ts Cinnamon
      1 tb Dry milk                         2/3 c  Water
      1 ts Salt                               1 ts Dry yeast
      1 tb Butter

  Bake (Rapid) mode may be used. Place all ingredients (except liquids and
  yeast) inside the bread pan. Add liquid ingredients. Close cover and place
  dry yeast into the yeast holder. SELECT: WHOLE WHEAT BAKE MODE. Press
  start. 5:00  will show.

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---------- Recipe via Meal-Master (tm) v7.05

      Title: WHOLE WHEAT DATE-NUT BREAD - PAN-1
 Categories: Breadmaker, Breads
   Servings:  1

           XKGR41A Don Fifield              1/3 c  Dates; (1 1/2 oz); chopped
  2 1/4 c  Whole wheat flour                1/4 c  Pecans (1 oz); chopped
      1 tb Dry milk                        15/16 c  Water (7 1/2 fl.oz)
      1 ts Salt                               1 ts Dry yeast
      1 tb Butter

  Timer OR Bake (Rapid) mode may be used. Place all ingredients (except
  liquids and yeast) inside the bread pan. Add liquid ingredients. Close
  cover and place dry yeast into the yeast holder. SELECT: WHOLE WHEAT BAKE
  MODE. Press start. 5:00 will show.

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---------- Recipe via Meal-Master (tm) v7.05

      Title: LOGGERS BREAD DIANA'S VERSION
 Categories: Breads, Breadmaker
   Servings:  1

      1 c  Whole wheat flour                  2 ts Brown sugar
    1/2 c  Oat flour                          1 ts Honey
  1 1/2 c  Bread flour                        1 ts Molasses
      3 tb Applesauce                       3/4 ts Salt
      1 ts Margarine                          1 c  Water
      3 tb Powdered buttermilk                1 tb Yeast

  add all to bm make on dough cycle for rolls.
```

---------- Recipe via Meal-Master (tm) v7.05

Title: BANANA NUT BREAD
Categories: Breadmaker, Breads, Fruits
Servings: 6

----------JONI CLOUD SSMW41A----------

2 1/3	c Bread Flour	1/4	c Nuts;chopped
2	tb Brown sugar	1/2	c Banana's;mashed2 small ones
1	tb Dry milk	3/4	c Water
1	ts Salt	1	ts Cinnamon; or nutmeg
1	tb Butter	1	ts Yeast

Just add as your B/M requires. I baked it on Bake Light in my Pan-1Lb'er. It came out nice and high and Light, but I thought it could have more banana 's. I used 1/2 cup but would go to 2 small Banana's.Was also good toasted. Good Luck and Enjoy from Mrs Tater-Head

---------- Recipe via Meal-Master (tm) v7.05

Title: WHOLE WHEAT HONEY-WALNUT BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield

1/4	c Walnuts (1 oz); chopped		
2 1/4	c Whole wheat flour	2	ts Honey
1	tb Dry milk	15/16	c Water (7 1/2 fl.oz)
1	ts Salt	1	ts Dry yeast
1	tb Butter		

Timer OR Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. SELECT: WHOLE WHEAT BAKE MODE. Press start. 5:00 will show.

---------- Recipe via Meal-Master (tm) v7.05

Title: WHOLE WHEAT ORANGE ANISE BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield

		2	tb Orange zest
2 1/4	c Whole wheat flour	1 1/2	ts Anise
1	tb Dry milk	1/2	c Orange juice
1	ts Salt	1/2	c Water
1	tb Butter	1	ts Dry yeast

Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. SELECT: WHOLE WHEAT BAKE MODE. Press start. 5:00 will show.

---------- Recipe via Meal-Master (tm) v7.05

Title: WHOLE WHEAT PEANUT SESAME - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield

1/4	c Peanut butter (2 oz)		

2 1/4 c	Whole wheat flour	2 tb	Sesame seeds
1 tb	Dry milk	1 c	Water
1 ts	Salt	1 ts	Dry yeast
1 tb	Butter		

Timer OR Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. SELECT: WHOLE WHEAT BAKE MODE. Press start. 5:00 will show.

---------- Recipe via Meal-Master (tm) v7.05

Title: WHOLE WHEAT YOGURT BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield

2 1/4 c	Whole wheat flour	1 tb	Sugar
1 tb	Dry milk	2 tb	Sesame seeds
1 ts	Salt	1/2 c	Yogurt (4 1/2 oz)
1 tb	Butter	1/2 c	Water
		1 ts	Dry yeast

Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. SELECT: WHOLE WHEAT BAKE MODE. Press start. 5:00 will show.

---------- Recipe via Meal-Master (tm) v7.05

Title: PIZZA - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield

2 1/4 c	Bread flour		TOPPINGS:
1 ts	Salt	2/3 c	Pizza sauce (10 oz)
1 1/2 ts	Vegetable oil	2 c	Mozzarella cheese (8 oz)
3/4 c	Water		Garnishes of your choice
1 ts	Dry yeast		

1. Place first 3 ingredients inside the bread pan. Add water. Close cover and place dry yeast into the yeast holder. SELECT: BASIC DOUGH MODE. Press start. (Breadmaker completes the basic dough mode 2 hours and 25 minutes later) 2. Divide the dough into 4 equal portions. Roll each portion into a ball. 3. Place on a lightly floured surface. Cover with a plastic wrap and rest for 20 minutes. 4. Roll out each ball into a flat circle. 5. Place on a greased baking pan. Prick the surface with a fork. 6. Brush with 2 tablespoons pizza sauce. Sprinkle mozzarella cheese on top. Garnish with ingredients of your choice. 7. Bake in 500 deg. oven for 12 to 15 minutes or until ingredients are cooked and the dough is crisp and slightly brown.

---------- Recipe via Meal-Master (tm) v7.05

Title: WHOLE WHEAT BAGELS - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield

1 1/8 c	Whole wheat flour (5 1/4 oz)	2/3 c	Water
1 1/8 c	Bread flour (5 1/4 oz)	1 1/2 ts	Dry yeast
1 ts	Salt		TOPPINGS:
1 tb	Butter	3/4 tb	Poppy seed (optional)
2 tb	Molasses	3/4 tb	Sesame seeds (optional)

1. Place first 4 ingredients inside the bread pan. Add molasses and water. Close cover and place dry yeast into the yeast holder. SELECT: WHOLE WHEAT DOUGH MODE. Press start. (Breadmaker completes the basic dough mode 3 hours and 15 minutes later) 2. Rest in a greased covered bowl in refrigerator for 20 minutes. 3. Divide the dough into 6 equal portions. Roll each portion on a lightly floured surface into a log, approximately 3/4 inch thick and 8 inches long, using the palm of your hand. 4. Seal the ends together tightly to make a ring with a 1 1/2 to 2 inch hole in the center. 5.Place on a greased baking pan. Spray water on top. Proof at 90 deg. for 30 minutes . 6. Bring 1 gallon water with 1 tb sugar to a boil. 7. Reduce to a simmer. Cook 4 or 5 bagels at a time for 7 minutes, turning once. Drain well. 8. Place on a greased baking pan. 9. Sprinkle tops with poppy seeds or sesame seeds, if desired. 10. Bake in 45 deg. oven for 25 to 30 minutes until golden brown, turning them over after half the baking time.

---------- Recipe via Meal-Master (tm) v7.05

Title: WHOLE WHEAT SOFT PRETZELS - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield

1 1/8	c	Whole wheat flour (5 1/4 oz)
1 1/8	c	Bread flour (5 1/4 oz)
1	tb	Dry milk
1/2	ts	Salt
1	tb	Shortening
2	tb	Molasses
5/8	c	Water (5 fl.oz)
1	ts	Dry yeast
		TOPPINGS:
1		Egg; beaten
3/4	tb	Black sesame seeds(optional)
1/4	c	Coarse salt (optional)

1. Place first 5 ingredients inside the bread pan. Add molasses and water. Close cover and place dry yeast into the yeast holder. SELECT: WHOLE WHEAT DOUGH MODE. Press start. (Breadmaker completes the basic dough mode 3 hours and 15 minutes later) 2. Divide the dough into 8 equal portions. Roll each portion on a lightly floured surface into a ball. Cover with a plastic wrap and rest for 20 minutes. 3. Using the palm of the hand, roll each unit on a lightly floured surface into a rope of about 10 inches long. 4. Twist once where the dough overlaps. 5. Lift ends across to opposite edges. Tuck ends under. 6. Place on a greased baking pan. Spray water on top. Proof at 90 deg. for 30 to 50 minutes. 7. Brush with beaten egg. Add any desired toppings. 8. Bake in 375 deg. oven for 15 to 22 minutes.

---------- Recipe via Meal-Master (tm) v7.05

Title: WHOLE WHEAT PRUNE BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield

2 1/4	c	Whole wheat flour
1	tb	Dry milk
1	ts	Salt
1	tb	Butter
1/4	c	Prunes (1 oz); chopped
1	tb	Molasses
1	c	Water
1	ts	Dry yeast

Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. SELECT: WHOLE WHEAT BAKE MODE. Press start. 5:00 will show.

---------- Recipe via Meal-Master (tm) v7.05

Title: DANISH PASTRIES - PAN-1

Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield

1 3/4	c	Bread flour (8 1/5 oz)
3/4	c	Cake Flour (3 1/2 oz)
2 1/2	tb	Dry milk
3/4	ts	Salt
3 1/2	tb	Butter (1.4 oz)
1/2	c	Water
2	ts	Dry yeast
1/2	c	Butter or marg.; for folding -in the dough
1		Egg; beaten -for brushing on top

Fillings: 1/2 - 3/4 c apricot jam or marmalade 1/4 - 1/3 c canned fruit filling or preserves 1/2 - 3/4 c nut streusel 1/2 - 3/4 c cheese filling

1. Place first 5 ingredients inside the bread pan. Add water. Close cover and place dry yeast into the yeast holder. SELECT: BASIC DOUGH MODE. Press start. (Breadmaker completes the basic dough mode 2 hours and 25 minutes later) 2. Place dough in greased bowl. Cover. Rest the dough in fridge for 30 minutes. 3. Roll 5 oz of chilled butter between two sheets of waxed paper into a 8 x 7 inch rectangle. Place back in the refrigerator. Chill at least 1 hour. 4. Roll out the dough on a lightly floured surface into a 10 x 10 1/2 inches rectangle. 5. Place the rolled out butter over two-thirds of the dough. Fold the third without butter over the center third. 6. Fold the remaining third on top. Seal edges. Rest the dough in the refrigerator for 20 to 30 minutes. 7. Place the dough at right angles to the previous position in #5. Roll out into 10 x 10 1/2 inches. Fold into thirds. Wrap and place into refrigerator for 20 to 30 minutes. Fold and roll three times more. Wrap and chill after each rolling. After the final folding, chill several hours or overnight. 8. Roll out the dough into 10 x 10 1/2 inches. Cut into 6 squares. Roll each out into about 7 inch square. 9. Place the filling of your choice in the center of each square. Brush the four corners lightly with water to help them seal when pressed together. 10. Fold opposite corners over the center. Press down firmly to seal together. Then fold the other two corners over the center and press all four corners tightly together. 11. Place on greased baking pan. Spray water on top. 12. Proof, brush with beaten

egg and bake in 357 deg. oven for 10 to 15 minutes or until golden brown.

---------- Recipe via Meal-Master (tm) v7.05

Title: HARVEST ROUND BREAD (BREADMAKER)
Categories: Breads, Breadmaker
Servings: 1

-RENEE SCOTT (DNTM47A)

1	c	Whole wheat flour
1	tb	Honey
5/8	c	Oatmeal
1	tb	Molasses
1	pk	Yeast
1	c	White flour
1	ts	Salt
1/2	c	Carrots
3/4	c	Milk
1/4	c	Raisins
1/4	c	-water
1/4	c	Nuts
3/16	c	Margarine

NOTE: This recipe was resized; follow the directions for your B/M.
Because I am still so new at this *P BB I wrote my note in the wrong place so here goes again! My bread making is improving, thanks to *P and B M Magic! I love the book. On a trip to New England I bought bread in a town square, it was wonderful! Later I wrote the baker for the recipe and she kindly sent it. I've only tried it once (I'm new to bread making). But now I'd like to try it in my BM. (the directions follow for assembling ingredients, etc. but since I want to make it in my BM, I'm not including them.
Divide dough in two. Divide each half into 3 and make 3 ropes. Braid them and make into a circle. Attach both ends,repeat with other half.

The bread was delicious and I would appreciate any help someone can give me. Until later, Renee N.C. San Diego

Formatted by Elaine Radis BGMB90B; JANUARY, '93

---------- Recipe via Meal-Master (tm) v7.05

Title: GAYE'S SOURDOUGH TIPS
Categories: Breads, Breadmaker, Sourdough
Servings: 1

From: Gaye Levy ** DTXT63A

You will find that your sourdough breads will have more "tang" and will rise higher in the BM if you follow this procedure:
* Remove a cup)or more) of your starter from the fridge and bring to room temp.
* Feed with 1 cup flour and 1 cup (or slightly less) water
* Let the starter do its thing. It will become bubbly and foamy. Watch for its 'peak'. This usually occurs 8 to 10 hours after feeding. It is best to keep the starter warm (75 to 85 degrees). If it cold out, leave it in the oven with the light turned on!
* Make your bread during the peak...while the starter is VERY active.
* Dump the unused starter back into the mother pot. Following this method, you can even make sourdough in the b/m without yeast. Really!
*Variation: Separate your starter into two batches. Create a "beer" starter with one batch. You will feed this pot with flat beer and flour instead of water and flour. A very unique and delicious taste!
* To create your own sourdough recipe:
Substitute 7/8 cup start for 1 cup liquid
Reduce flour by 1/4 to 1/2 cup

---------- Recipe via Meal-Master (tm) v7.05

Title: FLOUR MEASURING HINT
Categories: Information, Breadmaker, Breads
Servings: 1

Diana Lewis vgwn37a

All flour is presifted but it settles during shipment. A cup of flour scooped directly from the bag can weigh up to 5 ounces. It SHOULD weigh 4 ounces. To measure correctly fluff up flour in the bag or canister. Then sprinkle it lightly with a spopon into a measuring cup, scrape the excess off the top with a knife. From King Arthur flour

---------- Recipe via Meal-Master (tm) v7.05

Title: SWEDISH LIMPA BREAD
Categories: Breads, Breadmaker, Holiday
Servings: 1

-Dottie Cross TMPJ72B

2 1/4 c	Bread flour	1 tb	Butter
1/4 c	(1 oz.) rye flour	1 tb	Orange peel; chopped
2 tb	Brown sugar	1 1/2 ts	Caraway seeds
1 tb	Dry milk	1/2 ts	Fennel seed
1 ts	Salt	15/16 c	(7-1/2 fl. oz.) water
		1 ts	Dry yeast

Combine ingredients in order according to your own bread machine instructions.
Hope you enjoy! It's delicious bread!
Makes (1) 1 pound loaf Reformatted by: CYGNUS, HCPM52C

---------- Recipe via Meal-Master (tm) v7.05

Title: COTTAGE DILL BREAD FOR BREAD MACHINE
Categories: Breads, Breadmaker
Servings: 8

-Electric Bread

---------- REGULAR LOAF ----------

1/2 c	Water	1 1/4 c	Cottage cheese
2 c	White bread flour	1/2 tb	Dry onion
1 tb	Dry milk	1/2 tb	Dill seed
1 tb	Sugar	1/2 tb	Dill weed
1 ts	Salt	1 ts	Fast rise yeast; **OR**
1 tb	Butter	2 ts	-Active dry yeast

---------- LARGE LOAF ----------

3/4 c	Water	3/4 c	Cottage cheese
3 c	White bread flour	1 tb	Dry onion
1 1/2 tb	Dry milk	1 tb	Dill seed
2 tb	Sugar	1 tb	Dill weed
1 1/2 ts	Salt	2 ts	Fast rise yeast; **OR**
1 1/2 tb	Butter	3 ts	-Active dry yeast

+++ servings are based on 8 for regular loaf and 12 for large loaf. Hints: Use small curd, lowfat cottage cheese. This recipe can be made with the regular or rapid bake cycles. Be sure to follow loading instructions for your particular bread machine.
-- from ELECTRIC BREAD, by Innovative Cooking Enterprises, Inc.
PO BOX 240888, Anchorage, Alaska 99524-0888 Courtesy of Hunter Elliott

---------- Recipe via Meal-Master (tm) v7.05

Title: ZOJI'S HEARTY OATMEAL BREAD
Categories: Breadmaker, Breads
Servings: 1

-S DUNLAP USN (RET) XRVR35A

1 1/4 c	Water	2 2/3 c	Bread flour
1 1/2 tb	Powdered milk	1/2 c	"quick" oatmeal
2 tb	Brown sugar	3 tb	Vital gluten; -(optional, but good)
3 tb	Butter; (margerine)	1 pk	Yeast
1 1/2 ts	Salt		

Bake on the "regular" cycle, and you'll get a truly fine and tasty "white" loaf that won't last very long. This is my contribution to your 1993....how about a few of your "bulletproof" favorites in return? Have the very finest of New Years....
Stan Dunlap
Formatted by Elaine Radis
Posted on P* JANUARY, 1993

---------- Recipe via Meal-Master (tm) v7.05

Title: CREAM CHEESE BREAD
Categories: Breadmaker, Breads, Dairy
Servings: 1

-PEGGY SEEVERS (PDMT15A)

1/3 c	Milk	3 tb	Sugar
1 c	Cream cheese; (I cube mine)	1 ts	Salt
		3 c	Bread flour

1/4 c	Margarine; or butter	2 1/2 ts	Yeast
1	Egg		

Here is the recipe for Cream Cheese bread from DG book I-

I cook this on the light crust setting and if you want to add choc chips, raisins or other dried fruits, use the setting for adding these at the beep.

Enjoy!
Formatted by Elaine Radis
Posted on P* JANUARY, 1993

---------- Recipe via Meal-Master (tm) v7.05

Title: DEDE'S BUTTERMILK BREAD
Categories: Breads, Breadmaker
Servings: 1

1 1/8 c	Buttermilk or	1 1/2 ts	Salt
4 tb	Dry buttermilk powder and	1 tb	Butter or margarine
1 1/8 c	Water	3 tb	Honey
	(for Welbilt/Dak machines	1/4 ts	Baking soda*
	Add 2 T more buttermilk)	1 1/2 ts	Red Star active dry yeast
3 c	Bread flour		

* Prodigy "research" has shown that if using powdered buttermilk we should omit the baking soda.

Place all ingredients in bread pan, select Light Crust setting, and pres Start. From Bread Machine Magic by Linda Rehberg and Lois Conway.

---------- Recipe via Meal-Master (tm) v7.05

Title: LISA'S CORNY BREAD
Categories: Breads, Breadmaker
Servings: 10

----------LISA CRAWLEY TSPN00B----------

3 c	Flour	1 1/2 ts	Dry Yeast
1 tb	Sugar	7/8 c	Milk; warmed
1 ts	Salt	1/4 c	Water; plus enough for dough
1/2 c	Yellow Cornmeal	1 1/2 tb	Butter

Add all ingred. into Bread machine in order per your manufacturer. NOTE: Very nice texture and flavor. A definite DO AGAIN!

---------- Recipe via Meal-Master (tm) v7.05

Title: ANADAMA BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

	XKGR41A Don Fifield	1 tb	Molasses
2 1/4 c	Bread Flour	1 tb	Olive oil
1 tb	Dry milk	15/16 c	Water (7 1/2 fl.oz)
1 ts	Salt	1 ts	Dry yeast
1/4 c	Cornmeal (1/2 oz)		

Timer OR Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Press start.

---------- Recipe via Meal-Master (tm) v7.05

Title: BASIC WHITE BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield
2 1/4 c Bread flour (10 1/2 oz)
1 tb Dry milk (1/5 oz)
1 ts Salt (1/5 oz)
1 tb Butter (2/5 oz)
2 tb Sugar (3/5 oz)
7/8 c Water (7 fl.oz)
1 ts Dry yeast (1/10 oz)

Timer OR Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Press start.

---------- Recipe via Meal-Master (tm) v7.05

Title: DOUBLE BRAN BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield
2 1/4 c Bread Flour
1 tb Brown sugar
1 tb Dry milk
1 ts Salt
1 tb Butter
1/3 c Bran flakes (1 oz)
1/4 c Toasted bran (3/4 oz)
1 c Water
1 ts Dry yeast

Timer OR Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Press start.

---------- Recipe via Meal-Master (tm) v7.05

Title: CARROT-SPICE BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield
2 1/4 c Bread Flour
1 tb Dry milk
1 ts Salt
1 tb Butter
1/4 c Carrots (1 oz); grated
2 ts Allspice
1 tb Honey
3/4 c Water
1 ts Dry yeast

Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Press start.

---------- Recipe via Meal-Master (tm) v7.05

Title: CRACKED WHEAT-SUNFLOWER BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield
2 1/4 c Bread Flour
1 tb Dry milk
1 ts Salt
1 tb Butter
1/4 c Cracked wheat cereal (1 oz)
1/4 c Unsalted sunflower seeds -(1 oz)
1 tb Honey
1 c Water
1 ts Dry yeast

Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Press start.

---------- Recipe via Meal-Master (tm) v7.05

Title: HERB BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield
2 1/4 c Bread Flour
2 tb Sugar
1 tb Dry milk
1 ts Salt
1 tb Butter
2 tb Parsley
1 tb Caraway seeds
1 tb Dill
15/16 c Water (7 1/2 fl.oz)
1 ts Dry yeast

Timer OR Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Press start.

---------- Recipe via Meal-Master (tm) v7.05

Title: MILK BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield
2 1/4 c Bread Flour
2 tb Sugar
1 ts Salt
1 tb Butter
15/16 c Milk (7 1/2 fl.oz)
1 ts Dry yeast

Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Press start.

---------- Recipe via Meal-Master (tm) v7.05

Title: MULTGRAIN BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield
2 1/4 c Bread Flour
2 tb Whole wheat flour
2 tb Soy flour
2 tb Triticale flour *
1 ts Millet flour
1 tb Dry milk
1 ts Salt
1 tb Butter
1 ts Cornmeal
1 tb Cracked wheat cereal
2 tb Bran flakes
1 ts Flax seeds
1 tb Honey
1 c Water
1 ts Dry yeast

* IF TRITICALE FLOUR IS UNAVAILABLE, USE: 1 tb ALL-PURPOSE FLOUR AND 1 tb RYE FLOUR.

Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Press start.

---------- Recipe via Meal-Master (tm) v7.05

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      Title: OATMEAL-APPLESAUCE BREAD - PAN-1
 Categories: Breadmaker, Breads
   Servings:  1

           XKGR41A Don Fifield              1/4 c  Oatmeal (4/5 oz)
  2 1/4 c  Bread flour                      1/4 c  Applesauce (2 1/10 oz)
      1 tb Sugar                            1/2 ts Cinnamon
      1 tb Dry milk                         5/8 c  Water (5 fl.oz)
      1 ts Salt                               1 ts Dry yeast
      1 tb Butter

  Bake (Rapid) mode may be used. Place all ingredients (except liquids and
  yeast) inside the bread pan. Add liquid ingredients. Close cover and place
  dry yeast into the yeast holder. Press start.

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---------- Recipe via Meal-Master (tm) v7.05

      Title: ORANGE BREAD - PAN-1
 Categories: Breadmaker, Breads
   Servings:  1

           XKGR41A Don Fifield                1 tb Butter
  2 1/4 c  Bread flour                        1 tb Orange zest; chopped
      1 ts Sugar                            7/16 c  Orange juice (3 1/2 fl.oz)
      1 tb Dry milk                          1/2 c  Water
      1 ts Salt                                1 ts Dry yeast

  Bake (Rapid) mode may be used. Place all ingredients (except liquids and
  yeast) inside the bread pan. Add liquid ingredients. Close cover and place
  dry yeast into the yeast holder. Press start.

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---------- Recipe via Meal-Master (tm) v7.05

      Title: EGG BREAD - PAN-1
 Categories: Breadmaker, Breads
   Servings:  1

           XKGR41A Don Fifield                1 tb Butter
  2 1/4 c  Bread Flour                        1 sm Egg
      1 tb Sugar                             3/4 c  Milk; or enough to make
      1 ts Sugar                                    -16/16 c with the whole egg
      1 tb Dry milk                           1 ts Dry yeast
      1 ts Salt

  Bake (Rapid) mode may be used. Place all ingredients (except liquids and
  yeast) inside the bread pan. Add liquid ingredients. Close cover and place
  dry yeast into the yeast holder. Press start.

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---------- Recipe via Meal-Master (tm) v7.05

      Title: FRUIT NUT BRAN BREAD - PAN-1
 Categories: Breadmaker, Breads
   Servings:  1

           XKGR41A Don Fifield              1/4 c  Bran flakes (4/5 oz)
  2 1/4 c  Bread Flour                        3 tb Toasted bran
      2 tb Brown sugar                      1/4 c  Sliced almonds (4/5 oz)
      1 tb Dry milk                         1/4 c  Dried fruit bits (1 2/5 oz)
      1 ts Salt                               1 c  Water
      1 tb Butter                             1 ts Dry yeast
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Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Select BAKE (LIGHT) mode. Press start.

---------- Recipe via Meal-Master (tm) v7.05

Title: CHEESE & PEPPERONI BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield
2 1/4 c Bread flour
1 tb Sugar
1 tb Dry milk
1 ts Salt
1/4 c Pepperoni (1 oz); chopped
1/4 c Provolone cheese (1 1/5 oz); -chopped
2 ts Parmesan cheese, grated
1/2 ts Garlic powder
1/2 ts Onion powder
1/4 ts Oregano
1 ts Olive oil
3/4 c Water
1 ts Dry yeast

Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Press start.

---------- Recipe via Meal-Master (tm) v7.05

Title: POPPY SEED-LEMON BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield
2 1/4 c Bread flour
1 tb Sugar
1 tb Dry milk
1 ts Salt
1 tb Butter
2 tb Poppy seeds
1 tb Lemon peel
15/16 c Water (7 1/2 fl.oz)
1 ts Dry yeast

Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Press start.

---------- Recipe via Meal-Master (tm) v7.05

Title: PUMPERNICKEL BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield
2 1/4 c Bread flour
1/4 c Rye flour (1 oz)
1/4 c Whole wheat flour(1 1/3 oz)
1 tb Dry milk
1 ts Salt
1 tb Butter
3 tb Cornmeal
2 tb Cocoa
2 tb Molasses
15/16 c Water (7 1/2 fl.oz)
1 ts Dry yeast

Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Press start.

---------- Recipe via Meal-Master (tm) v7.05

Title: PUMNPKIN BREAD - PAN-1
Categories: Breadmaker, Breads

Servings: 1

XKGR41A Don Fifield
2 1/4 c Bread flour
1 tb Sugar
1 tb Dry milk
1 ts Salt
1 tb Butter
1/4 c Pumpkin; cooked and mashed -(1 4/5 oz)
3/4 c Water
1 ts Dry yeast

Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Press start.

---------- Recipe via Meal-Master (tm) v7.05

Title: RAISIN BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield
2 1/4 c Bread flour
1 tb Sugar
1 tb Dry milk
1 ts Salt
1 tb Butter
1/4 c Raisins (1 1/2 oz)
1/2 tb Cinnamon (optional)
7/8 c Water
1 ts Dry yeast

Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Select BAKE (LIGHT) mode. Press start.

---------- Recipe via Meal-Master (tm) v7.05

Title: RYE BREAD - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield
2 1/4 c Bread flour
1/4 c Rye flour (1 oz)
2 tb Sugar
1 tb Dry milk
1 ts Salt
1 tb Butter
1 c Water
1 ts Dry yeast

Timer may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Press start.

---------- Recipe via Meal-Master (tm) v7.05

Title: SPICY CHEESE LOAF - PAN-1
Categories: Breadmaker, Breads
Servings: 1

XKGR41A Don Fifield
2 1/4 c Bread flour
2 tb Sugar
1 tb Dry milk
1 ts Salt
1 tb Butter
1 ts Dry mustard
1/4 ts Black pepper
1/2 c Cheddar cheese; shredded
1 tb Worcestershire sauce
7/8 c Water
1 ts Dry yeast

Bake (Rapid) mode may be used. Place all ingredients (except liquids and yeast) inside the bread pan. Add liquid ingredients. Close cover and place dry yeast into the yeast holder. Press start.

---------- Recipe via Meal-Master (tm) v7.05

 Title: NO-FAT BAGELS FOR BREADMACHINE
 Categories: Breadmaker, Breads, Low-cal, Jewish
 Servings: 6

 -Judy Garnett pjxg05a 3 c Flour
 1 pk Yeast 1 Egg white
 3/4 c -Warm water; 110 deg 1 1/2 -water

 Place yeast and flour to bread pan of machine. Add egg white and warm water. Program for Manual, White Bread and press start. Allow bread to knead two times and then remove from pan.
 Shaping Bagels: Divide dough into 12 portions. Roll each piece into a smooth ball. Punch a hole in center of dough and shape like a bagel. Cover and let rise 20 minutes.
 In a large pot, bring 1 gal of water to a boil. Add 3 bagels at a time and simmer for 5 minutes turning once. Drain. Beat egg white and water together lightly. Brush bagles with egg white and water glaze. For variety sprinkle with onion or garlic bits or sesame or poppy seeds/ Bake in preheated 375 deg oven 30 mins. or until brown. Makes 6.
 Adapted from: No Salt No Sugar No Fat Cookbook.

---------- Recipe via Meal-Master (tm) v7.05

 Title: BAGELS (BREADMAKER)
 Categories: Breads, Breadmaker, Jewish
 Servings: 12

----------------------------------SMALL (8----------------------------------
 2/3 c Water 2/3 c Whole wheat flour
 1 tb Honey 1 1/3 c Bread flour
 1 ts Salt 1 ts Yeast

---------------------------------MEDIUM (12---------------------------------
 1 c Water 1 c Whole wheat flour
 1 1/2 tb Honey 2 c Bread flour
 1 1/2 ts Salt 1 1/2 ts Yeast

---------------------------------LARGE (16----------------------------------
 1 1/3 c Water 1 1/3 c Whole wheat flour
 2 tb Honey 2 2/3 c Bread flour
 2 ts Salt 2 1/2 ts Yeast

 Set for dough cycle.Let the machine knead the dough once, and then let the dough rise for only 20 minutes in the machine. Even if your cycle runs longer, simply remove dough after 20 minutes and turn off the machine. Divide the dough into the appropriate number of pieces. Each piece should be rolled into a rope and made into a circle, pressing the ends together. You may find it necessary to wet one end slightly to help seal the ends together. Place these on a well greased baking sheet, cover and let rise only 15 to 20 minutes. Meanwhile, bring to a slight boil in a "nonaluminum pan", (Donna German uses a cast iron frying pan) about 2 inches of water. Carefully lower about 3 or 4 bagels at a time into the water, cooking for about 30 seconds on each side. Remove bagels, drain on a towel, sprinkle with poppy seeds, sesame seeds or dried onion bits if desired and place on the greased baking sheet. Bake in a preheated 550 degree oven for 8 minutes. This recipe is from Donna German's first Breadmachine Cookbook, pages 160- 161.

---------- Recipe via Meal-Master (tm) v7.05

 Title: ANNE AND BILL'S APPLE OATMEAL BREAD WITH RAIS

Categories: Breadmaker, Breads
Servings: 1

1/2 c	Old fashioned rolled oats	1 1/2 tb	Nonfat dry milk powder
5/8 c	Water	1 1/2 tb	Applesauce*
1/2 c	Unsweetened applesauce	1/3 c	Raisins
2 3/4 c	Bread flour	1 ts	Ground cinnamon
1 1/2 ts	Salt	1 1/2 ts	Yeast*
2 tb	Brown sugar		

Place in bread pan. Select light crust setting. *Welbilt/Dak 1 1/2 pound machines take 2 teaspoons. Recipe calls for 1 1/2 T butter...I use applesauce. Hold back some water to begin with. Did not use raisin setting. Flavor outstanding. Very moist, but not soggy.
1 1/2 lb. loaf - Bread Machine Magic

---------- Recipe via Meal-Master (tm) v7.05

Title: OLD-FASHIONED WHEAT BREAD
Categories: Breadmaker, Breads
Servings: 1

----------BETH LANE----------

----------ONE POUND LOAF----------

3/4 c	Water	1/3 c	Whole Wheat Flour
1 1/2 tb	Canola Oil	2 tb	Powdered Milk
1 1/2 tb	Maple Syrup	1 ts	Fine Sea Salt
1 2/3 c	Unbleached All-Purpose Flour	1 1/2 ts	Active Dry Yeast

Put all the ingredients in the inner pan in the order listed, or in the reverse order if the manual for your machine specifies dry ingredients first andliquids last. Select Basic Wheat cycle, LIGHT SETTING (or the quivalent setting for your machine. Push Start.

Recipe from The Breadman's Healthy Bread Book by George Burnett.

---------- Recipe via Meal-Master (tm) v7.05

Title: POTATO KUGEL BREAD
Categories: Breadmaker, Breads
Servings: 6

----------WENDY CERACCHE DBCP84B----------

----------MAKES A MEDIUM LOAF----------

3/4 c	Mashed Potatoes *	1 tb	Sugar
3/4 c	Potato Water	3 c	Bread Flour
2 1/4 tb	Vegetable Oil	1 1/2 ts	Yeast
3/4 ts	Salt	2 ts	Wheat Germ

* Mashed Potatoes = Use boiled or instant, but add minced onion, parmesan cheese and horseradish. The dough is very liquid and the bread will not rise very high but it makes a chewy bread similar in texture to a knish or a potato kugel.

---------- Recipe via Meal-Master (tm) v7.05

Title: Quick Sourdough Bread
Categories: Breadmaker, Breads
Servings: 12

2 1/4	c Bread Flour	1/2	c Dairy sour cream
1	tb Wheat Germ	1	tb Vinegar
1 1/2	ts Sugar	1/2	Egg white
1	ts Salt	1/2	tb Water
1/4	ts Ginger	1	ts Poppy seed
1/2	c Water	2	ts Yeast

Load as directed for your bread machine.

---------- Recipe via Meal-Master (tm) v7.05

Title: Wonder Bread--Golden Egg Bread
Categories: Breadmaker, Breads
Servings: 12

2 1/2	ts Yeast	2	Eggs
3	c Bread flour	6	tb Vegetable oil
1 1/2	ts Salt	3/4	c Water
4	tb Sugar		

Load according to your machine's directions. Bake on light.

---------- Recipe via Meal-Master (tm) v7.05

Title: Lemon Poppy Seed Bread
Categories: Breadmaker, Breads
Servings: 12

3/4	c Water	2	tb Honey
3	c Bread flour	1/2	c Almonds, toasted & sliced
1 1/2	tb Dry milk	1	tb Lemon peel
1	ts Salt	3	tb Poppy seeds
1 1/2	tb Butter	2	ts Lemon extract
3/4	c Lemon Yogurt	2	ts Yeast

You can also use sour cream instead of the yogurt for a bit of a different taste. Load as directed for your bread machine.

---------- Recipe via Meal-Master (tm) v7.05

Title: Walnut-Onion Herb Bread
Categories: Breads, Breadmaker
Servings: 8

1 1/4	tb Active dry yeast	1/4	c Chopped fresh dill
2	tb Sugar		Or
1	c Warm water (105-115)	1 1/2	tb Dried dill
1	c Warm milk (105-115)	4 1/2	c Flour
1	Egg	1/3	c Minced white onion
2	ts Salt	2/3	c Coarsely chopped walnuts
2	tb Walnut oil or unsalted buttr		

*This recipe is for making bread in a casserole dish with no kneading. To make it in a bread machine cut liquid and flour in half. In a small bowl, sprinkle the yeast and a pinch of sugar over the warm water. Stir to dissolve and let stand until foamy, about 10 minutes. In a large bowl, combine the mild, remaining sugar, egg, salt, oil or butter, dill and 1 1/2 cups flour. Beat with a wisk or heavy duty mixer until smooth. Add the yeast mixture and remaining flour 1/2 cup at a time, beating vigorously about 2 minutes. Batter will be sticky. Cover with plastic wrap and let rise in a warm area until doubled in bulk, about 1 hour. Sprinkle the onion and walnuts over the top of the batter and stir down, beating vigorously to

evenly distribute. Turn into a well greased 3-quart casserole or souffle dish, 9-inch springform pan, or 9-inch kugel of tube mold. Cover loosley with plastic wrap and let rise in a warm area until doubled in bulk, about 30 minutes. Preheat the oven to 375 degrees. Bake in the center of the oven until the top is crusty brown, hollow when tapped and a cake tester inserted into the center comes out clean, about 45-50 minutes. Run a sharp knife around the sides of the pan and turn out of the pan onto a rack to cool right side up. Variation: add 4 ounces mozzarella cheese, cut into cubes. *For Bread machine, dump in all ingredinets and push start.

---------- Recipe via Meal-Master (tm) v7.05

Title: SAUCY APPLE BREAD * ElecBr-1
Categories: Breadmaker, Breads, Apples
Servings: 1

----------1 POUND LOAF----------

-Marie Frainier *DGCP02C*

1/2	c	Apple cider	1/3	ts	Vanilla extract
1 1/3	c	White bread flour	2 1/2	tb	Unchopped walnuts
3/4	c	Plus (see Below)	2 1/2	tb	Beaten egg
1	tb	Wheat flour	1/3	c	Unsweetened applesauce
1	ts	Salt	1/3	c	Unpeeled granny smith apples
2 1/2	tb	Plain yogurt	1 1/4	ts	Yeast (active dry)

*** core and dice unpeeled apple.

---------- Recipe via Meal-Master (tm) v7.05

Title: APPLE OAT BREAD * ElecBr-1
Categories: Breadmaker, Breads, Apples
Servings: 1

----------1 POUND LOAF----------

-Marie Frainier *DGCP02C*

1/2	c	Water	1	tb	Concentrated apple juice
1 1/3	c	White bread flour	2	ts	Lemon juice
2/3	c	Wheat flour	1	tb	Honey
2	ts	Dry milk	2	tb	Yogurt
1	ts	Salt	2	ts	Molasses
2	ts	Butter	1/4	c	Oats
1/2	c	Canned/chopped apples	2	ts	Yeast (active dry)

---------- Recipe via Meal-Master (tm) v7.05

Title: WHOLE WHEAT SUNFLOWER BREAD
Categories: Breadmaker, Breads, Bmm
Servings: 1

1 pound loaf

1/3	c	Old fash rolled oats	1	ts	Salt
5/8	c	Buttermilk	1	tb	Applesauce
1		Egg	1	tb	Brown sugar
1	c	Whole wheat flour			Grated rind 1 orange
1	c	Bread flour	1/4	c	Sunflower seeds
2	ts	Wheat gream	1/4	ts	Baking soda
			3	ts	Yeast

Crust light. Bake.

---------- Recipe via Meal-Master (tm) v7.05

Title: BASIC WHITE BREAD
Categories: Breadmaker, Breads, Pam vkbb14a, Bmm
Servings: 1

--1 1/2 pound loaf
1/2 c Water
5/8 c Milk
3 c Bread flour
1 1/2 ts Salt
1 1/2 tb Butter/marg/applesauce
3 tb Sugar
1 1/2 ts Yeast

---------- Recipe via Meal-Master (tm) v7.05

Title: EGG BREAD
Categories: Breadmaker, Pam vkbb14a, Breads, Bmm
Servings: 1

1 1/2 pound loaf
3/4 c Milk
2 Eggs
3 c Bread flour
1 1/2 ts Salt
3 tb Applesauce
1/4 c Sugar
1 1/2 ts Yeast

Crust light.

---------- Recipe via Meal-Master (tm) v7.05

Title: BASIC WHOLE WHEAT
Categories: Breadmaker, Pam vkbb14a, Breads, Bmm
Servings: 1

1 pound loaf
1/4 c Water
3/8 c Milk
1 Egg
1 c Whole wheat flour
1 c Bread flour
1 ts Salt
1 tb Applesauce (oil)
1 tb Honey
2 ts Yeast

Crust light Bake.

---------- Recipe via Meal-Master (tm) v7.05

Title: SAN DIEGO SUNSHINE
Categories: Breadmaker, Pam vkbb14a, Breads, Bmm
Servings: 1

1 pound loaf
3/4 c Water
1 1/3 c Bread flour
2/3 c Whole wheat flour
1 ts Salt
1 1/2 tb Applesauce (butter)
1 tb Brown sugar
1 tb Honey
Grated rind of 1 orange
1 1/2 ts Yeast

Crust: light. Bake.

---------- Recipe via Meal-Master (tm) v7.05

Title: Luscious Luau Bread
Categories: Breadmaker, Breads
Servings: 1

3/4 c Water**
2 tb Shredded carrots

```
      1 tb Dry milk**                       1/4 c  Flaked, shredded coconut
      1 tb Butter (cut up)                  1/2 c  Crushed pineapple
  2 1/3 c  Bread flour                      1/3 c  Chopped macadamia nuts
    1/2 ts Salt                               2 ts Yeast
  1 1/2 tb Brown sugar                             ***1/2 t cinnamon if desired

  Drain the pineapple well. Juice may be substituted for up to 2/3 of the
  water. ** May use regular milk for water and powdered milk. Put all
  ingredients into pan. Select light crust, sweet bread. Start Marie
  Frainier/dgcp02c Formatted by Dell Pagano/njmg38b

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---------- Recipe via Meal-Master (tm) v7.05

      Title: LINDA'S EASY POTATO BREAD
 Categories: Breadmaker, Pam vkbb14a, Breads, Bmm
   Servings:  1

           1 1/2 pound loaf              1 1/2 ts Salt
    1/4 c  Instant potato flakes         1 1/2 tb Applesauce (butter)
    3/4 c  Milk                          1 1/2 tb Sugar
    3/8 c  Water                             2 ts Yeast
      3 c  Bread flour

  crust light.

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---------- Recipe via Meal-Master (tm) v7.05

      Title: MIDNIGHT-SUN BREAD
 Categories: Breadmaker, Pam vkbb14a, Breads, Bmm
   Servings:  1

           1 1/2 pound loaf                 2 tb Honey
  1 1/8 c  Buttermilk                           Grated rind 1 small orange
      3 c  Bread flour                  1 1/2 ts Caraway seeds
  1 1/2 ts Salt                           1/2 c  Raisins
      2 tb Applesauce (butter)              2 ts Yeast

  Bake Light

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---------- Recipe via Meal-Master (tm) v7.05

      Title: ENGLISH TOASTING BREAD
 Categories: Breadmaker, Pam vkbb14a, Breads, Bmm
   Servings:  1

           1 1/2 pound loaf                 2 ts Sugar
    3/4 c  Milk                           1/4 ts Baking soda
    3/8 c  Water                            2 ts Yeast
      3 c  Bread flour                          Cornmeal
      1 ts Salt

  This si a special bread, coated with cornmeal, so it needs to be baked in a
  loaf pan in the oven. Heavenly with orange marmalade.

  Put all ing. in b/m except cornmeal. Dough setting.

  When machine beeps, remove bread pan & turn out dough onto floured
  countertop.

  Grease an 8 1/2x 4 1/2 x 2 1/2-inch loaf pan; sprinkle all sides with
  cornmeal. Place dough into prepared loaf pan. With your hands, carefully
  press it evenly into pan. Sprinkle the top with cornmeal. Cover and let
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rise in a warm oven for 20 to 30 min or until dough almost reaches top of pan. To warm oven slightly, turn oven on Warm setting for 2 minutes then turn off) Preheat oven to 400F & bake 25 min. Cool.

---------- Recipe via Meal-Master (tm) v7.05

Title: TANGY BUTTERMILK CHEESE BREAD
Categories: Breadmaker, Pam vkbb14a, Breads, Bmm
Servings: 1

1/2 pound loaf
1 1/8 c Buttermilk
3 c Bread flour
1 1/2 ts Salt
1 1/2 tb Sugar
3/4 c Grated extra-sharp cheese
1 1/2 ts Yeast

Use extra sharp cheese. Bake light.

---------- Recipe via Meal-Master (tm) v7.05

Title: BMM HERB BREAD
Categories: Breadmaker, Pam vkbb14a, Breads, Bmm
Servings: 1

1 1/2 pound loaf
3 tb Applesauce (butter)
1/2 c Chopped onion
1 c Milk
3 c Bread flour
1 1/2 ts Salt
1 1/2 tb Sugar
1/2 ts Dried dill
1/2 ts Dried basil
1/2 ts Dried rosemary
1 1/2 ts Yeast

Place all ingred. including onion mix in pan. select light crust & press start.

---------- Recipe via Meal-Master (tm) v7.05

Title: ANITA'S ITALIAN HERB BREAD
Categories: Breadmaker, Pam vkbb14a, Breads, Bmm
Servings: 1

1 1/2 pound loaf
1 1/8 c Buttermilk
3 c Bread flour
1 1/2 ts Salt
1 1/2 tb Applesauce (oil)
1 tb Sugar
1/2 c Parmesan cheese
1/4 ts Dried basil
1/4 ts Dried oregano
1 1/2 ts Yeast

Crust light. Bake.

---------- Recipe via Meal-Master (tm) v7.05

Title: HEAVENLY WHOLE WHEAT BREAD
Categories: Breadmaker, Pam vkbb14a, Breads, Bmm
Servings: 1

1 pound loaf
3/4 c Water
1 1/3 c Whole wheat flour
2/3 c Bread flour
1 ts Salt
3 tb Applesauce (butter)
1 tb Sugar
3 tb Instant Potato flakes
1 1/2 ts Yeast

Good!! Crust: light. Bake.

---------- Recipe via Meal-Master (tm) v7.05

Title: DEBBIE'S HONEY WHOLE WHEAT BREAD
Categories: Breadmaker, Pam vkbb14a, Breads, Bmm
Servings: 1

1 pound loaf
3/4 c Milk
2 c Whole wheat flour
1/2 ts Salt
2 ts Applesauce
3 tb Honey
2 ts Yeast

Crust light. Bake.

---------- Recipe via Meal-Master (tm) v7.05

Title: MADELEINE'S NEIGHBORLY BREAD
Categories: Breadmaker, Pam vkbb14a, Breads, Bmm
Servings: 1

1 pound loaf
3/8 c Milk
1/4 c Potato water
1 1/3 c Whole wheat flour
2/3 c Bread flour
1/4 c Plain mashed potato*
1 ts Salt
1 tb Applesauce (butter)
1 tb Honey
2 ts Yeast

Crust light.

---------- Recipe via Meal-Master (tm) v7.05

Title: APPLE-BUTTER WHEAT BREAD
Categories: Breadmaker, Pam vkbb14a, Breads, Bmm
Servings: 1

1 pound loaf
5/8 c Water
1 c Allpurpose flour
1 c Whole wheat flour
1 ts Salt
1 tb Applesauce (butter)
3 tb Apple butter
1 1/2 ts Yeast

Crust light. Bake.

---------- Recipe via Meal-Master (tm) v7.05

Title: DAILY BREAD
Categories: Breadmaker, Pam vkbb14a, Breads, Bmm
Servings: 1

1 pound loaf
3 tb Millers bran
1/4 c Milk
3/8 c Water
1 Egg
2 c Whole wheat flour
1 ts Salt
1 tb Applesauce
3 tb Honey
1/4 c Sunflower seeds
2 ts Yeast

Crust: light. Bake.

---------- Recipe via Meal-Master (tm) v7.05

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      Title: SHREDDED-WHEAT BREAD
 Categories: Breadmaker, Pam vkbb14a, Breads, Bmm
   Servings:  1

           1 pound loaf                          1 tb Applesauce
       1   Large shredded-wheat biscuit      1 1/2 tb Brown sugar
     7/8 c Water                             1 1/2 tb Honey
       2 c Whole wheat flour                     2 ts Yeast
       1 ts Salt

  Crust light. Bake.

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---------- Recipe via Meal-Master (tm) v7.05

      Title: MOM'S BREAD ROLLS FOR THE BM
 Categories: Breads, Breadmaker
   Servings: 24

           * JAN CARGILL ** VHPK03A          1/2 tb Salt
     2/3 c Milk                                1 tb Shortening
     2/3 c Water                               1 pk Yeast or 1 env. dry yeast
  1 1/3 tb Sugar                               3 c  Flour

  Dissolve yeast in a 1/4 cup of lukewarm water. Combine milk,water,sugar
  ,salt and shortening.  Stir until dissolved and lukewarm. Add yeast
  (dissolved in water). Sift flower (about 6 cups) only enough so you can
  knead it-(so it wont stick to fingers) for 10 Min.. Place in greased bowl
   and let rise (warm room) 1 1/2 hrs. (or until doubled in bulk) Punch down
  with knife and let rise again 1/2 hr. .Cut up in small pieces and roll
  around in hands and place in tin . (To form a small ball). Let rise for 1
  1/4 hrs. (Put dough on floured board to work with). Bake in oven for 30 to
  40 min at 350 degrees. Recipe from Marion Cargill of Island Pond, Vermont
    The ingredient amounts have been adjusted for the BREAD MACHINE. You will
  need to follow your bread machine directions for making the bread. The
  above directions are for BY HAND bread making only.

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---------- Recipe via Meal-Master (tm) v7.05

      Title: Herman Starter
 Categories: Breads, Breadmaker
   Servings:  1

------------------------------I.E.S.JJGF65A--------------------------------
      2 tb Or 2 envelopes active dry           1 c  Sugar
           Yeast                               2 c  All purpose white flour
     1/4 c Warm water                          2 c  Milk (see note)

    DAY,1: Sprinkle yeast over warm water. Add 1 tablespoon of the sugar and
  let stand a few minutes until yeast is active and swelling. Combine
  remaining sugar,flour and milk in a 4 t0 6 quart glass,plastic or pottery
  bowl or container.(Do not use metal bowls or utensils as these may retard
  starter growth). With a wooden spoon, stir in active yeast mixture. Cover
  loosely with a towel so Herman can breathe.  Let stand in a warm draft free
  place overnight.
    DAYS,2, 3,and 4: Stir daily with a wooden spoon. Keep covered. Keep cool.
    DAY,5: Stir in 1/2 cup sugar,1 cup milk and 1 cup flour. Let stand 24
  hours.
    DAYS,6, 7, 8, and 9: Stir daily with a wooden spoon.
    DAY,10: Repeat DAY 5, stirring in 1/2 cup sugar,1 cup milk and 1 cup
  flour.
    THIS gives you enough starter to use freely in recipes and/or give away.
  Herman may be replenished as needed but can go no more than 5 days at room
  temperature between feedings.  After feeding, wait 24 hours before using
  the renewed starter.
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DAILY stirring helps keep yeast mold from forming.
Most directions specify that Herman not be refrigerated since cooler temperatures slow the growth and "souring" of the starter. It is, however, a safer course for busy cooks with fast growing starters. Herman also is freezer-friendly and may be kept on ice between baking impulses if you get bored.
NOTE: If desired,substitute buttermilk for milk in starter for more flavor and less fat. If more starter is needed, additions may be doubled when 2 or more cups of starter are used.....

---------- Recipe via Meal-Master (tm) v7.05

Title: BREAD FAT SUBSTITUTE - APPLESAUCE
Categories: Tips, Breads, Apples, Breadmaker
Servings: 1

-LINDA CALDWELL KKPD13B

Try substituting unsweetened applesauce for the fats called for in your bread recipes. This even works with chocolate cake! Many can't tell any difference in taste and the pectin in the applesauce keeps the bread moist longer. I buy the small Motts individual containers so I don't have a large jar going bad in the fridge. I've read that you can use up to one tablespoon of applesauce per cup of flour. If you do make this substitution hold out about 1/8 to 1/4 cup of the liquid in the recipe and add it back in a tsp. at a time during the kneading cycle.

---------- Recipe via Meal-Master (tm) v7.05

Title: Hawaiin sweet bread
Categories: Breads, Breadmaker
Servings: 1

3 ts Dry yeast
5 tb Sugar
3 c Bread flour
3/4 ts Salt
2 tb Dry milk
2 tb Instant potato flakes
1/4 ts Lemon extract
1/4 ts Vanilla extract
2 Eggs
4 tb Butter
1 c Warm water

This is from "Great Bread Machine Recipes" by Norman A. Garrett.

---------- Recipe via Meal-Master (tm) v7.05

Title: KING ARTHUR FLOUR - SOURDOUGH STARTER TIPS 1
Categories: Information, Breads
Servings: 1

-DEBBIE CARLSON (PHHW01A) -KING ARTHUR FLOUR HINTS

The following information comes from King Arthur Flour "A Short Course in Cooking With & Keeping the Elusive Wild Yeast".

What is a Sourdough Starter? "A sourdough starter is a wild yeast living in a batter of flour and liquid. Yeasts are microscopic fungi related distantly to mushrooms. There are many varieties of these tiny organisms around us everywhere. Wild yeasts are rugged individualists which can withstand the most extreme of circumstances. Some will make delicious loaves of bread; others will create yogurt and cheese out of milk; still others will turn the juices of grains and fruit into beer and wine."
"Active dry yeast, the kind we can buy in packets at our grocer's, is a domesticated descendant of these wild relatives, one which has been grown

for flavor, speed of growth and predictability. But domestic yeasts are much more fragile and can't be grown at home without eventually reverting to their original wild state."

"If you can imagine a world without any packets of active dry yeast, you can imagine how important your sourdough starter would be to you. Without it, you would be doomed to some pretty awful eating. It is no wonder that sourdough starters were treasured, fought over, and carried to all ends of the earth. To the early prospectors, it was such a valued possession (almost more than the gold they were seeking), that they slept with it on frigid winter nights to keep it from freezing. (Ironically, freezing won't kill a sourdough starter although too much heat will.)"

Fermentation (or the Microscopic Magic of Yeast): "As we mentioned above, yeast is a microscopic fungus. As it feeds on the natural sugars in grain, it multiplies and gives off carbon dioxide (just as we do when we breathe). This invisible activity of yeast is called fermentation. When you make bread with wheat, by kneading the long elastic strands of wheat protein (called gluten) into an elastic mesh, you create traps for these carbon dioxide bubbles causing the dough to expand as if it contained a million tiny balloons."

---------- Recipe via Meal-Master (tm) v7.05

Title: KING ARTHUR FLOUR - SOURDOUGH STARTER TIPS 2
Categories: Information, Breads
Servings: 1

-DEBBIE CARLSON (PHHW01A) -KING ARTHUR FLOUR HINTS

(Continued) How to Feed & Care for Your Sourdough Starter:

"Keeping a sourdough starter is somewhat like having a pet because it needs to be fed and cared for. But its requirements are simple and not time consuming. Baking with sourdough is also a simple process. All it takes is a little planning and timing. The results are so satisfying, you'll grow to treasure your invisible pet the way our ancestors did."

"When you receive your starter, refrigerate it if you don't intend to feed it immediately (at any rate, starter should be fed as soon as possible after you receive it). To feed it for the first time, snip off a corner of the plastic bag and squeeze the starter into a glass or ceramic bowl (not metal). Stir in 3 cups of lukewarm water (what feels comfortable on your wrist) and 3 cups of unbleached all-purpose flour. Mix until it's well blended and the consistency of pancake batter. Let the replenished starter sit at room temperature for at least 12 hours to give the yeast a chance to multiply and become active before you put it in the refrigerator. Ordinarily you would feed your starter when you remove some to bake with it. A good rule of thumb is to replenish it every two weeks or so, preferably because you made a wonderful loaf of sourdough bread, a stack of pancakes or a delicious sourdough cake." (This previous paragraph is for those people who have ordered King Arthur's Sourdough Starter from their catalog.)

"During the time the starter is stored in the refrigerator, it becomes relatively dormant which is why it can survive so long with so little attention. You'll find that a clear, amber colored liquid will accumulate on the surface of the starter. This liquid contains 12% to 14% alcohol."

"When yeast is in contact with air, it produces carbon dioxide; when it's not, it produces alcohol. When you blend the alcohol back into the starter, it helps produce the unique flavor you find in good sourdough breads. For milder flavor, you can pour off some of the alcohol if you wish although this will thicken the starter requiring a bit more liquid to return it to its "pancake batter" consistency. (To "sweeten" a starter in another way, see Troubleshooting which follows.) The alcohol itself

dissipates during the baking process."
(Continued)

~---06/30 08:58 pm LORELI Loafing and Laughing in OcL
FOOD AND WINE BB TOPIC: BREADS BY MACHINE TIME: 06/30 9:08 PM

TO: LORELI AGUDA (WSKD49A) FROM: LORELI AGUDA (WSKD49A) SUBJECT: "MEGA 500+" FOR JUDY

---------- Recipe via Meal-Master (tm) v7.05

Title: KING ARTHUR FLOUR - SOURDOUGH STARTER TIPS 3
Categories: Information, Breads
Servings: 1

-DEBBIE CARLSON (PHHW01A) -KING ARTHUR FLOUR HINTS

(CONTINUED) Storing Your Starter:

"Once your sourdough pet is cold and relatively dormant, it can survive quite a long time between "feedings." It is certainly not as demanding as children, or more traditional pets, but it isn't happy just sitting for months on end like a packet of commercially dried yeast either." "Freezing: You may be able to ignore your starter for a month or even much longer, but if you know you're going to be away for a time, you can store it (unlike children or pets) in the freezer. You may want to transfer it to a plastic container first as it will expand as it freezes. When you are ready to use it again, give it a day to revive, feed it a good meal, give it another day to build up an armada of fresh, new wild siblings and it will be ready to go to work."

"Drying: An alternative storage method is to dry your starter by spreading it out on a piece of heavy plastic wrap or waxed paper. Once it's dry, crumble it up and put it in an airtight container. Store it some place cool, or, to be safe, in the freezer. To reactivate the dried starter, grind it into small particles with a hand cranked grinder, a blender or a food processor. Pour 1 to 1 1/2 cups of warm water (what feels comfortable on your wrist) into a glass or ceramic bowl. Stir in and dissolve a tablespoon of sugar or honey. This isn't necessary but it gives the yeast an easy "first course." Blend in an equal amount of flour and dried starter. Cover the bowl with plastic wrap and watch for small telltale bubbles which should begin to appear on the surface within a few hours. Once you see them you'll know it's alive and well. Let it continue to feed and grow for a further 12 hours before you cover and refrigerate it." How to Remove Some Starter for Baking:

"With a spoon or wire whisk, blend the liquid back into the starter and then measure out the quantity required by your recipe. Replace the amount taken with equal amounts of flour and water. Since many recipes are based on using 1 cup of starter, you would return to your starter pot, 1 cup of flour and 1 cup of water. (This actually makes 1 1/3 cups more starter but you can adjust the amount whenever you want.) As you did when you first fed your starter, let it sit at room temperature for at least 12 hours to give the yeast a chance to "feed" and multiply before you chill it again."

---------- Recipe via Meal-Master (tm) v7.05

Title: KING ARTHUR FLOUR - SOURDOUGH STARTER TIPS 4
Categories: Information, Breads
Servings: 1

-DEBBIE CARLSON (PHHW01A) -KING ARTHUR FLOUR HINTS

(CONTINUED) TROUGLESHOOTING

Feeding Without Baking: "If you have been busy or away, you can always feed your starter without baking anything. Stir the mixture together, take out and discard 1 cup of starter and replenish as above, stirring in 1 cup water and 1 cup flour. (Or instead of discarding the starter you removed, ask a neighbor if he or she would be interested in adopting a starter of his/her very own.) Let the resuscitated mixture sit at room temperature for 12 hours or so before you return it to the refrigerator."

Treating a "Sluggish" Starter: "If you feel that your starter is just not "up to snuff," dissolve a teaspoon of yeast in the cup of water you mix into the starter when you feed it. (If you live in an area where water is chlorinated, let some sit out overnight to allow the chlorine to dissipate to preclude any interference with the development of the sourdough micro-organisms)."

Sweetening a Starter: "If your starter becomes too sour, take out 1 cup, dispose of the remainder, and add 2 cups of each of flour and water to refreshen it."

Increasing Your Starter: "If you want to grow a large amount of starter to give some to a friend or to do a lot of baking, simply increase the amount you feed it."

Resuscitating a Neglected Starter: "If your sourdough starter has sat in the refrigerator months beyond the point of health, give it a fighting chance for survival before you throw it out. A little warmth and a good meal of strong, high energy carbohydrates may be all it needs to get it off and running again."

"The layer of liquid on the surface will probably be very dark, making it look as if the starter must surely have expired. Quell your fear, wrestle the top off the jar and give it a sniff. If it smells the way it should, though exceptionally sour, it may just be sitting there in a dormant state waiting to be fed. The only way to know is to give it a meal."

"Blend it back together and pour it into a glass or ceramic bowl. (Take this opportunity to give its jar a good wash.) As the starter will probably be quite thin, mix in 2 cups of flour and 1 cup of water to nourish and thicken it. Leave the bowl out on the counter where it will be warm and visible." (Continued)

~---06/30 09:00 pm LORELI Loafing and Laughing in OcL
FOOD AND WINE BB TOPIC: BREADS BY MACHINE TIME: 06/30 9:08 PM

TO: LORELI AGUDA (WSKD49A) FROM: LORELI AGUDA (WSKD49A) SUBJECT: "MEGA 500+" FOR JUDY

---------- Recipe via Meal-Master (tm) v7.05

Title: KING ARTHUR FLOUR - SOURDOUGH STARTER TIPS 5
Categories: Information, Breads
Servings: 1

-DEBBIE CARLSON (PHHW01A) -KING ARTHUR FLOUR HINTS

(CONTINUED) "In a couple of hours you may see tiny bubbles appear on the surface. If so, cheer your brew on by keeping it warm and covered overnight. In the morning, celebrate by making sourdough pancakes (which you'll find ...in our "King Arthur

Flour 200th Anniversary Cookbook"). They are delicious and quick. Give the remaining starter another feeding, let it sit for 12 more hours to ensure its reawakened vigor before you tuck it back in the frig. Then quietly heave a sigh of relief and congratulate yourself on your rescue." How to Decide if You Need to Start Over (groan):

"If your sourdough begins to mold or develop a peculiar color or odor instead of a "clean, sour aroma," give a sigh, throw it out and, if you're patient, start again. Along with the vital yeasts, you may have inadvertently nurtured a strain of bacteria that will not be wonderful in food. This happens very infrequently so don't let this possibility dissuade you from a sourdough adventure."

Starter Variations:

"Here are some variations on the basic flour/liquid/yeast combination that will produce sourdough starters with different personalities.

*Substitute 1 cup of stone ground whole wheat flour for 1 of the unbleached all-purpose flour.

*For tap water, substitute water from cooking potatoes. It contains nutrients which any kind of yeast loves and along with making the yeast happy, it creates great flavor in bread.

*Substitute buttermilk for tap water.

---------- Recipe via Meal-Master (tm) v7.05

Title: KING ARTHUR FLOUR - VITAL WHEAT GLUTEN TIPS
Categories: Information, Breads
Servings: 1

-DEBBIE CARLSON (PHHW01A) -KING ARTHUR FLOUR HINTS

"One of the most frequently asked questions of us here at King Arthur Flour is, 'What is gluten?' Gluten is an element of the wheat berry that contains two special proteins, gluten in and gliadin. When you are making bread, and you add liquid to the flour, you get these two proteins in business. They start to interact and form a web which traps the carbon dioxide that the yeast is giving off. This web is developed during the kneading process. Wheat is the only grain which contains gluten."

"To use gluten, we have found that adding a tablespoon for each cup of flour called for in the recipe will increase the rise in the bread from 25% to 30%. The proper way to measure the gluten is to put 1 tablespoon of the gluten in your measuring cup and then spoon the flour into the cup on top of the gluten. Level off the flour with the back of a knife."

---------- Recipe via Meal-Master (tm) v7.05

Title: KING ARTHUR FLOUR - BAKING TIPS
Categories: Information, Breads
Servings: 1

-DEBBIE CARLSON (PHHW01A) -KING ARTHUR FLOUR HINTS

1. Yeast Proofing: To "proof" yeast, first dissolve the sugar (about 1 Tbsp. for each 2 cups liquid) or other sweetener in warm water (about 95 degrees) and then add your yeast. Wait several minutes for it to dissolve and begin to "work", or develop tiny bubbles. If it doesn't show signs of life, discard it and try another batch. Because yeast doesn't like salt, add it after the yeast is "proofed".

2. A Better Measure: Because flour settles and compacts in storage, fluff it up before you measure. Then,

gently sprinkle it into your measuring cup and scrape the excess off with the back of a knife. This will insure a 4 oz. cup of flour rather than the 5 oz. you would have if you scooped it out with your cup. 3. Rest When You "Knead" It!: After 3 or 4 minutes of kneading dough, let it rest for a few minutes. The rest relaxes the dough and makes the remaining kneading easier.

4. Liquid Assets: Instead of the water your recipe calls for, try juices, bouillon, or water you've cooked vegetables in. Instead of milk, try buttermilk, yogurt, or sour cream. It can add a whole new flavor and improve nutrition.

5. Sweeteners: Even though you don't need it when making bread, a little sugar can bring out flavor, just as salt can. For added moisture, try honey, maple syrup, or regular or dark unsulphured molasses.

6. Oil for Longevity: If you don't mind a few extra calories (12 to 15) per slice (a slice of bread without fat has only 60 to 65 calories!), add a couple of tablespoons of butter or vegetable oil to your dough, and your bread will stay fresher for a longer period. 7. Storing King Arthur Flour: If you use your flour fairly quickly, store it in a cool, dry cupboard and stick a couple of bay leaves in the bag to discourage any visitors. If you use your flour more slowly, especially your whole wheat, put it in a lock-type plastic bag and store it in your freezer. 06/30 09:22 pm LORELI Loafing and Laughing in Ocala,L
FOOD AND WINE BB TOPIC: BREADS BY MACHINE TIME: 06/30 9:24 PM

TO: LORELI AGUDA (WSKD49A) FROM: LORELI AGUDA (WSKD49A) SUBJECT: "MEGA 500+" FOR JUDY

---------- Recipe via Meal-Master (tm) v7.05

Title: OAT-WHEAT BAGEL BREAD
Categories: Breadmaker, Breads
Servings: 1

1 1/2 ts Yeast - 1
1 1/2 ts Gluten - 1
1 1/2 c Oat flour 1
1 1/2 c Whole wheat flour - 1
1 1/2 ts Cinnamon 1
1 ts Salt - 1 1/2
3 tb Honey - 2
1 c Water - 5 1/2 oz

1437 cal - 1030 - Amounts are for 1 1/2 pound loaves - amounts to the right are for 1 pound loaves. Variations: Add 1/3 c grated or chopped carrots, millet and/or sunflower seeds. 18/6/93

---------- Recipe via Meal-Master (tm) v7.05

Title: ANOTHER SOURDOUGH STARTER
Categories: Breads, Sourdough, Starter
Servings: 1

Kyllikki Fuller

Make a starter of 1 bottle stale beer with equal parts of flour. Let set as usuall until you have a sourdough starter (about 3 days) then mix 1 cup starter with 2 cup warm water, 4 T sugar and 2-1/2 cups flour. Beat till smooth. Set in gas oven (turn off) and let sit 28 hours. Beat in 3 eggs, 1

T salt, 1 Cup sour cream, 1/3 cup bacon grease and enough flour to make a soft dough. (about 7-8 cups) knead till smooth. Let rise till doubled punch down and let rise again. Form into 2 loves. Let rise. Bake 375 about 30 minutes. IT has taken anywhere from 3 hours to 12 hours to rise so hang in there. This was the sourest sourdough I'd ever eaten but it was to die for. from Kylli

---------- Recipe via Meal-Master (tm) v7.05

Title: BASIC SOURDOUGH STARTER (WITH POTATO)
Categories: Breads, Sourdough, Starter
Servings: 1

-NFXS18B
Lg baking potato peeled,cube
1 c White flour
1/2 tb Active dry yeast
1 ts Sugar

Cook potato in water to cover until tender. Pour off liquid to measure 1 c, saving potato for other use. Let potato water cook to lukewarm. In a glass or ceramic bowl that has been scalded, place flour, yeast and sugar; add lukewarm potato water and stir in well. Cover with plastic wrap and pierce with fork to release gases. Place in a warm, draft-free location at an even 85F for 2 days; stir several times daily. (do not let sourdough starter rise above 95F because higher temp are favorable to less desireable microorganisms) Refrigerate until ready to use. Replenish with one c flour and 3/4 c water and let stand overnight or 12 hrs in a warm location before refrigerating again. When replenishing, add lukewarm water with flour. Starter should be at room temp when using in recipes, always after having stood 12 hrs from addition of replenishing flour and water. At least 1 c should remain to refrigerate.

---------- Recipe via Meal-Master (tm) v7.05

Title: WHOLE-WHEAT SOURDOUGH STARTER
Categories: Breads, Sourdough, Starter
Servings: 1

NFXS18B
1 1/2 c Whole wheat flour
1 ts Active dry yeast
1 1/2 x Lukewarm water

In a glass or ceramic bowl or jar that has been scalded, combine flour and yeast, add water and blend well. Cover with plastic wrap and pierce with fork to release gases. Place in a warm, draft-free location at an even 85F for 18-24 hrs; stir several times daily. Refrigerate until ready to use. If you have several starters, keep whole wheat separate from others to preserve its own distinctive flavor. Whole wheat starter does not have as much rising action as that made with white flour; you may have to plan longer rising times. To replenish, always use whole wheat flour.

---------- Recipe via Meal-Master (tm) v7.05

Title: YOGHURT SOURDOUGH STARTER
Categories: Breads, Sourdough, Starter
Servings: 1

NFXS18B
1 c Low fat milk
2 tb Natural plain yoghurt
1 c White flour

Heat milk to 100F on thermometer. Remove from heat and stir in yoghurt. Pour into scalded glass jar or bowl, cover with plastic and place in a warm location for 18 hrs. Consistency will be like thin yoghurt. Stir in flour until well blended, cover again with plastic and pierce with fork to

release gases. Place in a warm draft-free location at an even 85F for 2 days; stir several times each day. It should have a strong sourdough smell and show bubbles. Refrigerate until ready to use. When replenishing starter, add lukewarm milk instead of water.

---------- Recipe via Meal-Master (tm) v7.05

Title: BASIC SOURDOUGH STARTER
Categories: Breads, Sourdough, Starter
Servings: 1

NFXS18B
1 ts Active dry yeast
1/4 c Warm water
3/4 c Milk
1 c Flour *

Dissolve yeast in warm water in 3-qt glass bowl. Stir in milk. Stir in flour gradually. Beat until smooht. Cover with towel; let stand in warm, draft-free place until starter begins to ferment, about 24 hrs. (bubbles will appear on surface of starter) If starter has not begun fermentation after 24 hr, discard and begin again. If fermentation has begun, stir well; cover tightly with plastic wrap and return to warm, draft-free place. Let stand until foamy, 2-3 days. When starter has become foamy, stir well; pour into 1-qt crock or glass jar with tighlty fitting cover. Store in frig. Starter is ready to use when a clear liquid has risen to top. Stir before using. Use 1 c starter in recipe; reserve remaining starter. Add 3/4 c milk and 3/4 c flour to reserved starter. Store covered at room temp until bubbles appear, about 12 hrs, refrigerate. Use starter regularly, every week to 10 days. If the volume of the breads you bake begins to decrease, dissolve 1 t yeast in 1/4 c warm water. Stir in 1/2 c milk, 3/4 c flour and the remaining starter. *DO NOT USE SELF RISING FLOUR* NOTE: Start bread at night to bake in the morning - or vice versa. Before adding the milk and flour to remaining starter, bake your bread and judge the volume

---------- Recipe via Meal-Master (tm) v7.05

Title: SOURDOUGH RYE STARTER
Categories: Breads, Sourdough, Starter
Servings: 1

NFXS18B
2 c Rye flour
1 tb Yeast
1 1/2 c Lukewarm water
Onion slice optional

In a glass or ceramic bowl, or jar that has been scalded, combine flour and yeast, add water and blend well. Add onion slice, cover with platic wrap and pierce plastic with fork to release gases. Place in a warm, draft-free place, at an even 85F for 3 days.; stir several times daily. Remove onion slice and refrigerate until ready to use. Onion imparts a strong flavor and this starter can only be used with compatible rye recipes; rye starter without onion can be used in any rye sourdough recipe. To replenish, always use rye flour. If starter does not seem bubbly after replenishing and standing 12 hrs, sprinkle 1 t yeast over and stir in well. Like whole wheat starter, you may have to plan longer rising times for dough made with this one.

~----Gaye aka Noodnick09/29 10:18 pm...
FOOD AND WINE CLUB TOPIC: FOOD SOFTWARE TIME: 09/30 9:04 AM

TO: ALL FROM: GAYE LEVY (DTXT63A) SUBJECT: R-MM LOTSA SOURDO!

---------- Recipe via Meal-Master (tm) v7.05

Title: ALASKA SOUREST DOUGH
Categories: Starter, Sourdough, Breads
Servings: 2

1 pk Yeast
2 1/4 c Warm water
2 tb Sugar
1 tb Vinegar
1 ts Salt
2 c Bread flour

1

Disolve yeast in 1/4 cup warm water. Add sugar vinegar,salt,all purpose flour. Add remaining water until a creamy batter is formed. Place in a glass bowl,cover and let sit until it starts to ferment. About 3 days. It will take on a powerful boozy smell. Stir again until creamy and measure out what is called for in the recipe.Replenish starter with equal amounts of flour and water. Store in the fridge and bring to room temp before using. It says to allow to ferment for one week between uses but I don't.I do let it sit out overnight after I feed it. This starter took about 1 1/2 months to become really sour.

---------- Recipe via Meal-Master (tm) v7.05

Title: CARAWAY RYE *** XXMX58B
Categories: Breads, Breadmaker, Jewish
Servings: 1

1 c Flour; better for bread flo
1 c Flour; all purpose
1/2 c Rye flour
3/4 ts Salt
1 tb Caraway seeds
1 tb Butter
1 c Warm water
1 1/4 ts Yeast

Add in the order required for your BM It is on the sweet side. Re- ally our favorite. FROM: JOYCE ALENSKIS (XMXX58B)

---------- Recipe via Meal-Master (tm) v7.05

Title: Pizza
Categories: Breadmaker, Breads
Servings: 1

2 1/4 c Bread flour
1 ts Salt
1 1/2 ts Vegetable oil
3/4 c Water
1 ts Dry yeast

TOPPINGS:
2/3 c Pizza sauce (10 oz)
2 c Mozzarella cheese (8 oz)
Garnishes of your choice

1. Place first 3 ingredients inside the bread pan. Add water. Close cover and place dry yeast into the yeast holder. SELECT: BASIC DOUGH MODE. Press start. (Breadmaker completes the basic dough mode 2 hours and 25 minutes later) 2. Divide the dough into 4 equal portions. Roll each portion into a ball. 3. Place on a lightly floured surface. Cover with a plastic wrap and rest for 20 minutes. 4. Roll out each ball into a flat circle. 5. Place on a greased baking pan. Prick the surface with a fork. 6. Brush with 2 tablespoons pizza sauce. Sprinkle mozzarella cheese on top. Garnish with ingredients of your choice. 7. Bake in 500 deg. oven for 12 to 15 minutes or until ingredients are cooked and the dough is crisp and slightly brown.
FOOD AND WINE BB TOPIC: FOOD SOFTWARE TIME: 06/20 2:12 AM

TO: RUTH BURKHARDT (KKBG35A) FROM: RUTH BURKHARDT (KKBG35A) SUBJECT: R-MM PIZZA MEGA

---------- Recipe via Meal-Master (tm) v7.05

Title: SOURDOUGH STARTER AND BREAD
Categories: Sourdough, Starter, Breads, Breadmaker
Servings: 1

-MARY GEORGE (GVJN88B)

2 c Skim milk
2 c Bread flour
1 Pk Yeast

Place milk in a glass container and allow to stand at room temperature for 24 hours. Stir in flour and yeast. Leave uncovered in a warm place for 2-5 days, depending on how long it takes it to bubble and sour. If it starts to dry out, stir in enough tepid water to bring it back to the original consistency. Once it has a good sour aroma and is full of bubbles, it is ready to use. Try to maintain about 1 and 1/2 cups of starter. Each time part of the starter is used,

replenish with a mixture of equal parts milk and flour. Leave at room temperature several hours or overnight, or until it begins to fill with bubbles. Then cover and store in refrigerator. Starter is best if used at least once a week. If starter isn't, used for 2 or 3 weeks, spoon out and discard about half and replenish as described. Given attention, a starter becomes more flavorful with age. Starter can be frozen if it is not to be used for several weeks. This will slow down yeast action and should be left at room temperature for 24 hours after thawing. Sourdough Bread: 2/3 cup skim milk 1 cup sourdough starter 3 cups bread flour 2 Tbs.sugar 2 tsp. lite salt 1 & 1/2 tsp. yeast 2 Tbs. liquid Butter Buds Combine above thoroughly (using half of the flour) and let stand uncovered to ferment overnight in a warm place. Next morning, after the mixture has risen and fallen, stir down any crust that may have formed. Add the rest of the flour. When thoroughly mixed, turn out onto a board covered with a little flour so it won't stick. Shape dough into 2 loaves, put into bread pans, brush lightly with liquid Butter Buds, and let rise covered until almost doubled in size. Bake in a pre-heated 400F. oven 45-50 minutes. Note: This recipe works GREAT in a bread machine. Simply put all of the ingredients in the machine, adding the dry ingredients first. Yields: 2 loaves (24 slices)

Per slice

Fat: 0.21g Calories: 96
Cholesterol:0.42 mg Carbohydrate:19.7g
Protein:2.89g Sodium:10.3mg

This was taken from Pam Mycoskie's book BUTTER BUSTERS
I would highly recommend this book to anyone who is watching their weight and who is on a heart diet.

---------- Recipe via Meal-Master (tm) v7.05

Title: Three Cheese Bread
Categories: Breads, Breadmaker
Servings: 16

3/4 c Water
3 c Bread Flour
2 tb Sugar
1 1/2 ts Salt
2 tb Margarine or Oil
1/2 c Shredded Swiss Cheese
1/3 c Creamed Cottage Cheese
3 tb Grated Parmesan Cheese
2 ts Regular Active Yeast

Place ingrediants in bread pan in the order recommended by the manufacturer. Don't use the delayed timer cycle since the cheese may spoil. Bake on light crust.

NOTE: Due the differing moisture content of cheese, you may need to watch the dough ball to determine if it is too moist or too dry.

---------- Recipe via Meal-Master (tm) v7.05

Title: Blueberry Muffins
Categories: Muffins, Breads, Fruit
Servings: 12

----------CYNTHIA MERZER CPFX72A----------

1	c Sugar	3/4	ts Nutmeg
1/4	c Margarine	1/2	ts Vanilla extract
1	c Milk	1/4	ts Salt
1	lg Egg	1	c Blueberries, fresh or -unsweetened frozen, thawed -and drained
1 1/3	c Flour		
2	ts Baking powder		
3/4	ts Cinnamon		

Preheat oven to 375. Prepare muffin tins with paper liners. In medium bowl, cream sugar and margarine on low speed of electric mixer until smooth. Add milk, egg, 2/3 cup of flour, baking powder, cinnamon, nutmeg, vanilla and salt. Mix just until thoroughly blended. Gently mix in remaining 2/3 cup of flour (batter should be lumpy). Fold in blueberries. Fill tin liners 3/4 full. Bake until golden, 20 to 30 minutes.

---------- Recipe via Meal-Master (tm) v7.05

Title: Hamburger Pizza
Categories: Cheese, Ground beef, Breads
Servings: 8

----------CRUST----------

2 1/2	c Bisquick Baking Mix	2/3	c Water; Hot
1	pk Active Dry Yeast		

----------MEAT MIXTURE----------

1	lb Lean Ground Beef	2	ts Oregano Leaves
1/2	c Onion; Chopped	1/4	ts Pepper
15	oz Tomato Sauce		

----------TOPPING----------

1/2	c Green Pepper; Chopped (opt)	1	c Parmesan Cheese; Grated
2	c Mozzarella Cheese; Shredded		

Heat the oven to 425~. Mix the baking mix and yeast and stir in the hot water. Turn the dough onto a well-floured surface and knead until smooth, about 20 times. Let the dough rest a few minutes. While the dough is resting, cook and stir the meat and onion in a large skillet until the onion is tender and the meat is brown. Drain off the excess fat. Stir in the tomato sauce, oregano leaves, and pepper and set aside. Divide the dough in half. Roll each half on an ungreased baking sheet into a rectangle, 13x9" or on a pizza pan 12" in diameter. Pinch the edges to make a slight rim. Spread the meat mixture almost to the edges. Top with the green pepper and cheeses. Bake until the crust is brown and the filling is hot and bubbly, 15 to 20 minutes. Cut into squares or wedges and serve.
NOTE: If desired, you can use shredded Cheddar Cheese for the Mozzarella in the above recipe.

---------- Recipe via Meal-Master (tm) v7.05

Title: Spiced Apple Muffins
Categories: Breads, Fruits, Muffins, Apples
Servings: 12

1/3	c Shortening	1/2	ts Cinnamon
1/2	c Sugar	1/4	c Milk

1		Egg	1	c	Apple sauce
1 1/2	c	Sifted flour	1/3	c	Melted butter
2	ts	Baking powder	1/2	ts	Sugar
1/2	ts	Salt	1	ts	Cinnamon
1/2	ts	Nutmeg			

Cream together shrotening and sugar. Add egg. Sift dry ingredients, add dry ingredients alternately with milk to creamed mixture. stir in apple sauce. Fill greased muffin cups 3/4 full and Bake at 400 F 20-25 minutes. Cool for 10 minutes, then dip each muffin top into melted butter, followed by mixture of sugar and cimmamon. Serve warm or cold.
Pat Empson 05/21 07:24 am
FOOD AND WINE BB TOPIC: FOOD SOFTWARE TIME: 05/21 7:34 AM

TO: PAT EMPSON (PFXX29A) FROM: PAT EMPSON (PFXX29A) SUBJECT: MM-MORE APPLES

---------- Recipe via Meal-Master (tm) v7.05

Title: Apple Butter Bread
Categories: Breads, Fruits, Apples
Servings: 1

1 1/2	c	Flour	1		Egg
2	tb	Flour	4	tb	Melted butter
2	tb	Baking powder	1/2	c	Apple butter
1/2	c	Brown sugar	1/4	c	Milk
1	ts	Cinnamon	1/4	c	Apple cider
1/2	ts	Nutmeg	1/2	c	White raisins,soaked in
1/2	ts	Salt	2	tb	Orange juice

Preheat oven to 350 F. In large bowl, mix flour, baking powder, sugar, spices and salt. Make a well in center and add egg, butter, apple butter, milk and cider. Mix quickly. Add drained raisins. Pour into greased loaf pan. Bake for 45 minutes.
Pat Empson 05/21 07:25 am
FOOD AND WINE BB TOPIC: FOOD SOFTWARE TIME: 05/21 7:34 AM

TO: PAT EMPSON (PFXX29A) FROM: PAT EMPSON (PFXX29A) SUBJECT: MM-MORE APPLES

---------- Recipe via Meal-Master (tm) v7.05

Title: Apple Banana Bread
Categories: Breads, Fruits, Apples
Servings: 8

1/2	c	Butter, softened	2	c	Flour
1/2	c	Brown Sugar	1	ts	Baking Powder
1/2	c	Granulated Sugar	1	ts	Baking Soda
2		Eggs	1/2	ts	Cinnamon
3	tb	Sour Cream	2		Apples, cored and chopped
1		Banana, mashed	1/2	c	Chopped Walnuts
1	ts	Vanilla			

Preheat oven to 350 deg F.
Cream butter and sugars, and beat in eggs. Stir in sour cream, banana and vanilla.
In separate bowl, combine flour, baking powder, soda and cinnamon. Gradually add to butter mixture. Gently stir in apples and nuts. Spoon into greased bread pan and bake 1 hour.
Pat Empson 05/21 07:25 am
FOOD AND WINE BB TOPIC: FOOD SOFTWARE TIME: 05/21 7:34 AM

TO: PAT EMPSON (PFXX29A) FROM: PAT EMPSON (PFXX29A) SUBJECT: MM-MORE APPLES

---------- Recipe via Meal-Master (tm) v7.05

Title: Apple Pancakes II
Categories: Breads, Apples
Servings: 1

1	c Flour	1/2	c Milk
1/4	ts Salt	1	Egg; beaten
1 1/2	ts Baking powder	1/2	ts Vanilla
1	tb Butter; melted	1 1/4	c Applesauce

Sift flour, salt and baking powder. Combine butter, milk and egg. Stir into flour. Add vanilla and applesauce. Beat well. Spoon batter onto a hot, well greased griddle, allowing enough batter to make 4 " cakes. When edges are lightly browned, turn and cook on second side. Serve hot with maple syrup or apple jelly and lots of butter.
Pat Empson 05/21 07:28 am
FOOD AND WINE BB TOPIC: FOOD SOFTWARE TIME: 05/21 7:40 AM

TO: PAT EMPSON (PFXX29A) FROM: PAT EMPSON (PFXX29A) SUBJECT: MM-MORE APPLES

---------- Recipe via Meal-Master (tm) v7.05

Title: 7-Up Apple Dumplings
Categories: Breads, Apples
Servings: 10

2	c Sugar	10	Large apples
1	ts Cinnamon	1	Can biscuits
1/2	ts Nutmeg	1	ts Nutmeg
1	Stick butter	1	ts Cinnamon
20	oz 7-up		

1/2 stick butter

In saucepan combine first group of sugar, cinnamon, nutmeg, butter and the 7- up. Heat until melted, set aside. Peel and core apples, separate dough from 1 can biscuits. Separate and roll out each biscuit individually and place 1 apple in each. Combine second group of sugar, cinnamon and nutmeg. Sprinkle 1 tsp. of this mixture in center of each apple along with 2 T. butter. Fold biscuit around apple and pinch dough. Put dumplings in 9 x 13" pan. Pour sauce over each dumpling. Bake at 375 degrees for 45 minutes.
Pat Empson 05/21 07:28 am
FOOD AND WINE BB TOPIC: FOOD SOFTWARE TIME: 05/21 7:40 AM

TO: PAT EMPSON (PFXX29A) FROM: PAT EMPSON (PFXX29A) SUBJECT: MM-MORE APPLES

---------- Recipe via Meal-Master (tm) v7.05

Title: Apple Rolls
Categories: Breads, Rolls, Apples
Servings: 2

2	c Flour	1/4	c Shortening
4	ts Baking powder	2	tb Melted butter or butter -substitute
3/4	c Milk		

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    4 c  Pared, sliced apples                1 ts Cinnamon
  1/4 c  Brown sugar                         1 c  Brown sugar
  1/2 ts Salt
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Sift flour, measure, and sift with baking powder and salt. Cut in shortening with 2 spatulas. Add milk, Mix quickly and lightly. Turn onto lightly floured board. Roll in oblong sheet 1/4 inch thick. Brush with melted butter. Cover with apples. Sprinkle with 1cup sugar and the cinnamon which have been mixed. Roll like a jelly roll. Cut in slices 1 1/2 inches thick. Sprinkle 1/4cup brown sugar over bottom of well-oiled pan. Place rolls, cut down, in pan. Bake in hot oven (425 F) about 40 minutes. 8 servings. 1941

Pat Empson 05/20 06:54 pm

FOOD AND WINE BB TOPIC: FOOD SOFTWARE TIME: 05/20 7:24 PM

TO: PAT EMPSON (PFXX29A) FROM: PAT EMPSON (PFXX29A) SUBJECT: MM-MORE APPLES

---------- Recipe via Meal-Master (tm) v7.05

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     Title: Apple Pancake Puff
Categories: Breads, Apples, Low-cal
  Servings:  4

    1 tb +1 t rc margarine                   1 ts Cinnamon
    3    Small mac. apples;cored &           2    Large eggs
         Cut into 1/4" thick slices        1/2 c  Skim milk
    2 tb Dark raisins                      1/4 c  + 2 Tb. flour
    3 tb Granulatd sugar                     1 ts Vanilla extract
    2 tb Orange juice
```

In heavy med. ovenproof skillet, melt 2 tsp of the margarine. Add apples, raisins, 1 T sugar, and orange juice and cinnamon. cook, stirring freq. 6-8 minutes, until apples are just tender. Remove apples to bowl. Preheat oven to 425d. In small bowl, w/ electric mixer, beat eggs until foamy. Gradually add milk, flour, the remaining 2 TB. sugar and the vanilla; beat 2 minutes longer, until batter is smooth. Add remaining 2 tsp. margarine to same skillet. Place in oven to melt, abt 1 minute. POur batter into skillet;bake 10 minutes. Remove from oven and spoon apple mixture into center of pancake. Return to oven and bake 12-15 min. longer until puffed and golden. Cut into quarters. Each serving: 1/2 Fa, 1/2 P, 1/2 B, 1 FR, 60 cal.

Pat Empson 05/20 08:03 pm

FOOD AND WINE BB TOPIC: FOOD SOFTWARE TIME: 05/20 8:19 PM

TO: PAT EMPSON (PFXX29A) FROM: PAT EMPSON (PFXX29A) SUBJECT: MM-MORE APPLES

---------- Recipe via Meal-Master (tm) v7.05

```
     Title: Apple Bread #2
Categories: Breads, Apples
  Servings:  2

  1/2 c  Butter                              1 tb Butter (melted)
    2 c  Peeled, diced,apples                2 tb Buttermilk
    1 c  Sugar                             1/4 c  Packed brown sugar
  1/2 c  Chopped walnuts                     2 c  All purpose flour
    2    Eggs                              1/4 ts Cinnamon
  1/2 c  Raisins                             1 ts Vanilla
    1 ts Baking soda
```

Cream butter, slowly adding sugar, beat until light and fluffy. Add eggs, one at a time, beating well after each addition. Dissolve baking soda in buttermilk, add to batter, mixing well. Stir in flour. Add vanilla and stir

well. Stir in apples, walnuts and raisins. Spoon into 2 greased and floured loaf pans. Drizzle melted butter over loaves. Combine brown sugar and cinnamon, sprinkle over loaves. Bake at 350 for about 40 to 45 min. Cool in pan for 5 minutes and then cool completely on rack.
Pat Empson 05/20 08:11 pm
FOOD AND WINE BB TOPIC: FOOD SOFTWARE TIME: 05/20 8:19 PM

TO: PAT EMPSON (PFXX29A) FROM: PAT EMPSON (PFXX29A) SUBJECT: MM-MORE APPLES

---------- Recipe via Meal-Master (tm) v7.05

Title: Apple Bread
Categories: Breads, Apples
Servings: 12

4 c	Apples, sliced	2 lg	Eggs
1 c	Butter	2 ts	Cinnamon
2 c	Sugar	1/2 c	Hazelnuts, chopped
2 c	Flour, pastry		

Core and peel apples before slicing. Melt butter. Preheat oven to 350. Mix all ingredients together in large work bowl. Pour batter into greased 9"x5" bread pan. Bake one hour.
Pat Empson 05/20 08:09 pm
FOOD AND WINE BB TOPIC: FOOD SOFTWARE TIME: 05/20 8:19 PM

TO: PAT EMPSON (PFXX29A) FROM: PAT EMPSON (PFXX29A) SUBJECT: MM-MORE APPLES

---------- Recipe via Meal-Master (tm) v7.05

Title: Ange's Apple Bread
Categories: Breads, Apples
Servings: 2

2 c	Sugar	1 ts	Baking soda
1 c	Oil	1 ts	Cinnamon
3	Eggs	2 ts	Vanilla extract
3 c	All purpose flour	2 c	Chopped peeled apples
1 ts	Salt	1 c	Nuts

Grease 2 loaf pans. In a large bowl beat together the sugar, oil and eggs. In a separate bowl sift together the flour, slt, baking soda, and cinnamon. Add the dry ingredients to the sugar mixture. Add the vanilla, apples, and nuts. Pour the batter into the prepared pans. Bake in a 325F over for 1 hour.
Pat Empson 05/20 08:10 pm
FOOD AND WINE BB TOPIC: FOOD SOFTWARE TIME: 05/20 8:20 PM

TO: PAT EMPSON (PFXX29A) FROM: PAT EMPSON (PFXX29A) SUBJECT: MM-MORE APPLES

---------- Recipe via Meal-Master (tm) v7.05

Title: Walnut Apple Bread
Categories: Breads, Apples
Servings: 1

1 1/2 c	All-purpose flour, sifted	1 1/2 c	Wheat cereal flakes, crushed
2 ts	Baking powder	1 c	Walnuts, coarsely chopped
1/2 ts	Baking soda	1/4 c	Apple, chopped

1/2 ts	Salt	1	Egg, slightly beaten
1 ts	Cinnamon	1/4 c	Brown sugar, firmly packed
1/4 ts	Nutmeg	2 ts	Vegetable oil
1/8 ts	Allspice	1 1/2 c	Buttermilk, lowfat

Grease or spray 9x5x3 in. loaf pan. Preheat oven to 350F. Mix and sift flour, baking powder, baking soda, salt and spices into bowl. Stir in cereal, walnuts and apple. Combine egg, brown sugar, buttermilk and oil; add to dry mixture. Stir just enough to moisten dry ingredients. Do not beat. Spoon into pan. Bake at 350F one hour or until toothpick inserted into center comes out clean. Makes 1 loaf.

Pat Empson 05/20 08:11 pm
FOOD AND WINE BB TOPIC: FOOD SOFTWARE TIME: 05/20 8:30 PM

TO: PAT EMPSON (PFXX29A) FROM: PAT EMPSON (PFXX29A) SUBJECT: MM-MORE APPLES

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Apple Sorcery
Categories: Breads, Sourdough, Apples
Servings: 4

3/4 c	White flour	1/2 ts	Ground cinnamon
3/4 c	Whole wheat flour		Egg
2/3 c	Lightly toasted wheat germ	1/2 c	Brown sugar
1/2 ts	Salt	1/2 c	Safflower oil
1/2 ts	Baking soda	1 c	Sourdough starter, room temp
1 ts	Baking powder	1 c	Unsweetened thick applesauce

Combine flours, wheat germ, salt, baking soda, baking powder and cinnamon and blen well. In lg bowl, beat egg lightly and blend in sugar and oil. Mix in starter and applesauce and mix well. Add mixture and stir just until dry ingredients are moistened. Spoon into 4 prepared ** #4 loaf pans and bake in oven preheated to 350 for 50 mins or until bread tests done. Cool on wire rack 10 mins, turn out, turn right side up, remove waxed paper and cool. **To keep quick breads from sticking to pan, line pan with strip of waxed paper; oil pan, place paper in pan invert paper so that batter is on oiled surface.

Pat Empson 05/20 08:16 pm
FOOD AND WINE BB TOPIC: FOOD SOFTWARE TIME: 05/20 8:30 PM

TO: PAT EMPSON (PFXX29A) FROM: PAT EMPSON (PFXX29A) SUBJECT: MM-MORE APPLES

---------- Recipe via Meal-Master (tm) v7.05

Title: Apple Breakfast Bread
Categories: Breads, Apples
Servings: 2

2 c	Flour	3	Apples
1 ts	Salt	4 ts	Baking powder
2 tb	Brown sugar	4 tb	Shortening
3/4 c	Milk	2 c	Chopped raisins
1 ts	Cinnamon	1	Egg, well beaten
2 tb	Melted butter or butter -substitute	2 tb	Brown sugar

Sift flour, measure, and sift with baking powder, salt, and sugar. Cut in shortening and add raisins. Add sufficient milk to which egg has been added to make a stiff dough. Mix thoroughly. Pour into well-oiled shallow pan. Brush dough with melted butter. Pare, quarter, and core apples and cut in thin slices. Arrange in rows in the dough, allowing edges to overlap. Brush

apples with more melted butter and sprinkle with cinnamon and brown sugar which have been mixed together. Bake in moderate oven (400 F) 20 minutes or until apples are tender. 9 servings. 1941 Pat Empson 05/24 11:11 am
FOOD AND WINE BB TOPIC: FOOD SOFTWARE TIME: 05/24 11:25 AM

TO: PAT EMPSON (PFXX29A) FROM: PAT EMPSON (PFXX29A) SUBJECT: MM-MORE APPLES

---------- Recipe via Meal-Master (tm) v7.05

Title: Sourdough Apple Pancakes
Categories: Sourdough, Breads, Apples
Servings: 4

2 c	Starter	1 tb	Sugar
1	Egg; beaten		White flour; kneaded
1/2 c	Applesauce	1/2 ts	Baking soda
2 tb	Butter; melted		

add egg, applesauce, melted butter, sugar and salt to the starter and mix briefly. Add flour to attain desired consistency mix until lump free. Just before baking dissolve baking soda in a tablespoon of water and gently blend with the batter pour 2 to 3 inch rounds on a hot (400) griddle. Cook 2 to 4 minutes and turn for an additional 2 minutes.
Pat Empson 05/24 11:19 am
FOOD AND WINE BB TOPIC: FOOD SOFTWARE TIME: 05/24 11:37 AM

TO: PAT EMPSON (PFXX29A) FROM: PAT EMPSON (PFXX29A) SUBJECT: MM-MORE APPLES

---------- Recipe via Meal-Master (tm) v7.05

Title: STRAWBERRY-ORANGE MUFFINS
Categories: Muffins, Fruits, Breads, Nw
Servings: 16

----------NORMA WRENN NPXR56B----------

2 1/4 c	All-purpose flour	1	Egg
2 ts	Baking powder	1 tb	Finely grated orange zest
1 ts	Baking soda	1 c	Fresh strawberries; thinly
1/2 ts	Salt		-sliced 1/8"; pat dry
3/4 c	Sugar		-between paper towels to
1/2 c	Milk		-keep juices from coloring
1/2 c	Sour cream		-the batter
1/3 c	Vegetable oil	1/3 c	Strawberry jam

Preheat an oven to 400~. Butter standard muffin tins. In a large bowl stir and toss together the flour, baking powder, baking soda and salt. Set aside. In a medium bowl whisk together the sugar, milk, sour cream, oil, egg and orange zest until mixed; stir in the strawberries. Add to the combined dry ingredients and stir just until blended. Place a spoonful of batter in each prepared muffin cup. Top each with a scant teaspoon of strawberry jam. Spoon the remaining batter over the jam, filling each cup about two-thirds full. Bake until a toothpick inserted in the center of the muffin comes out clean, 15-18 minutes. Cool in the tins for 5 minutes, then remove. Makes about 16 standard muffins. Source: Muffins & Quick Breads Williams-Sonoma Kitchen Library

---------- Recipe via Meal-Master (tm) v7.05

Title: Boboli Topping 23
Categories: Breads, Boboli, Cheese/eggs, Pizza

Servings: 1

-Dotty Hull rvkc52a

Here are some of the pizza combinations. All have mozzarella cheese in addition to the other ingredients. HAWAIIAN--pineapple, bacon or canadian bacon, homemade tomato sauce. GRILLED TERIYAKI CHICKEN--with grilled chicken marinated in an orange teriyaki sauce, red onions, scallions and sweet peppers. GOAT CHEESE--bacon, red onions, 3 color peppers, fresh tomatoes and mild goat cheese. SHRIMP PESTO--with shrimp, fresh tomatoes, Mediterrean olives, sund-dried tomatoes, and homemade pesto sauce. SOUTHWESTERN BURRITO--with grilled chicken breast marinated in lime and herbs, homemade black beans, fire-roasted mild chilies, sweet white onions and cheddar cheese. Serve with green tomatillo salsa and sour cream. FIVE CHEESE AND TOMATO--Fresh sliced tomatoes, basil leaves, buffalo mozzarella, fontina, smoked gouda, and romano cheeses. (wrv)

---------- Recipe via Meal-Master (tm) v7.05

Title: BOBOLI CRUST
Categories: Pizza, Crust, Italian, Breads, Nw
Servings: 2

------------------------------ED BOSMAN MKPN54A------------------------------

2 1/2 c	BREAD flour	2 sm	Cloves garlic; thinly sliced
1/2 ts	-Salt	2 tb	Rosemary*
3/4 ts	Active dry yeast	3 tb	Bertolli Light olive oil
1 c	-Warm water		

Preheat oven to 400 degrees. Combine flour, salt, yeast and water in bowl. Blend well, turn out onto floured surface. Knead well, about 15 minutes. Place in lightly greased bowl, not buttered, cover with a damp cloth and let rise for 1-1/2 hours (until doubled in bulk). Turn dough out, punch down and knead for 5 minutes or so. Return to bowl and let rise until doubled in bulk. Punch down and turn out on lightly floured board. Roll and press out to about 1/2 inch thickness. This recipe makes about 1-12 inchers-so you can judge whether to double or reduce the recipe. Rub surface of baking (cookie) sheet with oil and transfer the dough round to the sheet. Make several indentations with the point of a knife in the dough and insert garlic slices and rosemary into indentations.Rub olive oil (pour) onto surface and gently smooth over the surface. Salt and pepper surface LIGHTLY. Bake 10-12 minutes or until just golden. Remove from oven and TAKE OUT THE GARLIC SLIVERS! You can now top the crust, freeze it, eat it the way it is, smille at it (YOU DID IT!) Remember, when you top it the crust is alread 2/3 baked and will require only enough time so that the cheeses, etc. are bubbly. Formatted for MM by Norma Wrenn npxr56b

---------- Recipe via Meal-Master (tm) v7.05

Title: Swedish Oven Pancakes
Categories: Breads, Breakfast, Brunch, Main dish
Servings: 6

3 c	Milk	4 tb	Butter, melted
4	Eggs	1 ts	Salt
2 c	Flour	2 tb	Sugar

Beat eggs well. Add milk, melted butter, salt and flour. Bake in a greased 9 X 13 pan in 425F oven for 25-30 minutes. Cut into squares and serve immediately with butter and syrup.

Variations: Omit butter. Saute 3 strips bacon, cut up, until crisp. Put drippings and bacon in bottom of pan and pour batter over. Bake 375F for 30 minutes.

Serve with berry and cream topping: 1/2 pint cream, whipped and 1 jar preserves (ie: raspberry, strawberry, apricot etc.)

Serve with sour cream mixed with brown sugar.

From Gary Allan (MusiCook)

---------- Recipe via Meal-Master (tm) v7.05

Title: Lemon Bread
Categories: Breads, Breadmaker
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------

1	pk Yeast	3/4 c	Milk; scalded
3	c Bread flour	1	Egg + 1 yolk; room temp.
1/4	c Sugar	1/4 ts	Lemon extract
1/2	ts Salt	2 ts	Dried or freshly grated -lemon peel
1/4	c Butter; room temperature		

Place all ingredients into breadmaker pan in the order above, select white bread and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Pumpernickel Bread
Categories: Breads, Breadmaker
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------

1 1/2	pk Yeast	1 1/2 ts	Salt
2	c Rye flour	1 tb	Unsweetened cocoa
1/2	c Unprocessed whole-bran -cereal	3 tb	Molasses
		1 tb	Vegetable oil
1 3/4	c Bread flour	1 1/4 c	Warm water
2	ts Caraway seed		

Add all ingredients in the order listed, select white bread and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Drew's Famous Onion Dill Bread
Categories: Breads, Breadmaker
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------

-------------------------------------ADD--------------------------------------

1	pk Yeast	1 1/2 ts	Salt
3 1/3	c Flour	1	Egg; unbeaten, room temp
1/4	ts Baking soda		

-------------------------MIX TOGETHER, WARM AND ADD-------------------------

1/4	c Water	3 tb	Minced dried onion
3/4	c Cottage cheese	2 tb	Whole dill seed
3/4	c Sour cream	1 1/2 tb	Butter
3	tb Sugar		

Place dry ingredients and egg into inner pan. Warm next set of ingredients, add, select white bread, and push start. Lightly brush the top with a little melted butter at baking time if you wish.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Diet Rite Bread
Categories: Breads, Breadmaker
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------
1 pk Yeast
3 c Bread flour
1 1/4 c Diet rite soda, or Club soda -at room temperature

Place all ingredients into pan, select white bread, and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Potato Loaf Bread
Categories: Breads, Breadmaker, Brunch
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------
1 pk Yeast
3 c Bread flour
1 tb Sugar
1 1/2 ts Salt
2 1/2 ts Sweet butter
2 tb Instant mashed potato flakes
1 c Hot milk

Place the first 5 ingredients into the pan. Sprinlke the potato flakes over the hot milk and stir. Let cool slightly. Add milk, select white bread, and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Real Chocolate Bread
Categories: Breads, Breadmaker
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------
1 pk Yeast
3 c Bread flour
1/2 c Sugar
1/4 c Unsweetened cocoa
1 Egg; unbeaten
1/4 c Soft butter, or margerine
1/2 ts Vanilla
1 c Warm milk

Add all ingredients in the order given, select whiter bread, and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Beer Cheese Bread
Categories: Breads, Breadmaker, Brunch

Servings: 1

----------FOR 1-1/2 LB. LOAF----------

1	pk Yeast	10 oz	Beer; at room temperature
3	c Bread flour	4 oz	Processed American cheese -(2 slices)
1	tb Sugar		
1 1/2	ts Salt	4 oz	Jack cheese; or any other -(cut in 1/4" cubes)
1	tb Butter		

Warm beer and American cheese over low heat on top of stove or in microwave. Cheese doesn't need to melt completely. Stir. Add all ingredients listed, select white bread and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Bloody Mary Bread
Categories: Breads, Breadmaker, Brunch
Servings: 1

----------FOR 1-1/2 LB. LOAF----------

1	pk Yeast	6 oz	Can of spicy V-8 juice; at -room temperature
3	c Bread flour		
1	ts Salt	1	tb Vodka
1	tb Sugar	1	tb Water
1	tb Soft butter	1	Egg

Place all ingredients into pan, select white bread and push start.

Serve with a stalk of celery.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: California Dip Bread
Categories: Breads, Breadmaker, Brunch
Servings: 1

----------FOR 1-1/2 LB. LOAF----------

1	pk Yeast	1/4	ts Baking soda
3 1/3	c Flour	1	Egg; room temperature

----------MIX TOGETHER, WARM AND ADD----------

3/4	c Cottage cheese	1 1/2	tb Butter
3/4	c Sour cream	1/4	c Water
3	tb Sugar	1	pk Lipton's onion soup mix

Place the first 4 ingredients into the pan. Slightly warm the next 6 ingredients and pour into pan. Select white bread and push start.

NOTE: Vary the amount of soup mix to suit your taste.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Buttermilk Cheese Bread
Categories: Breads, Breadmaker, Brunch
Servings: 1

```
------------------------------FOR 1-1/2 LB. LOAF------------------------------
      1 pk Yeast                                1 tb Sugar
      3 c  Bread flour                          1 c  Buttermilk; room temperature
      1 ts Baking powder                      1/4 c  Warm water
      1 ts Salt                                 1 c  Grated sharp cheddar cheese
```

Pour in all ingredients in the order listed. Select white bread and push start.

From Loafing It by DAK.

```
---------- Recipe via Meal-Master (tm) v7.05

      Title: Anadama Bread
 Categories: Breads, Breadmaker
   Servings:  1

------------------------------FOR 1-1/2 LB. LOAF------------------------------
      1 pk Yeast                              1/3 c  Molasses
  3 1/2 c  Bread flour                          1 ts Salt
    1/3 c  Yellow cornmeal                      2 ts Butter
  1 1/2 c  Boiling water
```

Place cornmeal into a bowl. Carefully pour boiling water into cornmeal, stirring to make sure it is smooth. Let stand for about 30 minutes. Stir in molasses, salt and butter. Place yeast into the B/M pan, bread flour, then cornmeal mixture. Select white bread and push start. NOTE: An early American recipe. This has become a favorite in many homes.

From Loafing It by DAK

```
---------- Recipe via Meal-Master (tm) v7.05

      Title: Applesauce Bread
 Categories: Breads, Breadmaker, Brunch
   Servings:  1

------------------------------FOR 1-1/2 LB. LOAF------------------------------
      1 pk Yeast                              1/2 ts Cinnamon
  2 1/4 c  Bread flour                          1 pn Nutmeg
    3/4 c  Wheat flour                        2/3 c  Warm applesauce
    1/2 ts Salt                               1/2 c  Warm applejuice
      4 tb White sugar                        1/2 c  Grated fresh apple
```

Put all ingredients into the pan, select white bread, and push start.

From Loafing It by DAK

```
---------- Recipe via Meal-Master (tm) v7.05

      Title: Banana Wheat Bread
 Categories: Breads, Breadmaker, Breakfast
   Servings:  1

------------------------------FOR 1-1/2 LB. LOAF------------------------------
      1 pk Yeast                              1/4 c  Honey
  1 1/2 c  Bread flour                        1/4 c  Warm water
  1 1/2 c  Wheat flour                          1    Egg
    1/2 ts Salt                               1/4 c  Oil
      2    Medium ripe bananas; sliced        1/2 ts Vanilla
           -right into pan                      1 ts Poppy seeds;(optional)
```

Add ingredients into the pan in the order listed, select white bread, and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Blueberry Bread
Categories: Breads, Breadmaker, Breakfast
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------

1	pk	Yeast	
3	c	Bread flour	
1/2	ts	Salt	
2	tb	Sugar	
1	tb	Butter or margerine	
1	cn	Blueberries (16-1/2 oz);well -drained, reserve liquid	
1/4	c	Retained juice	
1/4	c	Water; approximately	

Add all dry ingredients into pan. Put well drained berries into a 2-cup measuring cup, add 1/4 cup juice and enough water to equal 1-1/3 cups (we found it to be 1/4 cup water) Select white bread and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Cheddar Cheese Bread
Categories: Breads, Breadmaker, Brunch
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------

1	pk	Yeast	
3	c	Bread flour	
1/4	c	Nonfat dry milk	
1	tb	Soft butter	
1	ts	Salt	
2	tb	Sugar	
1	1/4 c	Warm water	
1	1/2 c	Grated sharp cheddar; (6 oz) -at room temperature	

Put all ingredients into the pan, select white bread, and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Chocolate Chip Bread
Categories: Breads, Breadmaker, Brunch
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------

1	pk	Yeast	
3	c	Bread flour	
2	tb	Brown sugar	
2	tb	White sugar	
1	ts	Salt	
1	ts	Cinnamon	
4	tb	Soft butter	
1		Egg	
1	c	Warm milk	
1/4	c	Water	
1	c	Chocolate chips	

Put the first 10 ingredients into the pan, select white bread and push start. When the Auto Bakery "beeps" 5 minutes from the end of the second mixing, add the chocolate chips.

NOTE: The chips tend to get a little well done, so turn the darkness control a bit toward light. This bread has a cake-like texture.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Easy Wheat And Honey Bread
Categories: Breads, Breadmaker, Breakfast, Brunch
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------

1	pk Yeast	2	tb Honey
3/4	c Whole wheat flour	2	tb Butter; at room temperature
2 1/2	c Bread flour	1	Egg; at room temperature
1	ts Salt	1	c Plus 1 Tbsp. warm water

Put all ingredients in pan, select white bread and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Eileen's Corn-chillies-cheese Bread
Categories: Breads, Breadmaker, Brunch
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------

1	pk Yeast	1/2	c Cheddar cheese, shredded
3	c Bread flour	1	Egg
3/4	c Yellow cornmeal	1	tb Soft butter
1/2	c Whole kernel canned corn; -drained	1/2	ts Salt
		2	ts Sugar
1	tb Canned Ortega chillies; -chopped	1 1/4	c Warm water

Put all ingredients into pan, select white bread, and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: French Bread # 1
Categories: Breads, Breadmaker
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------

1	pk Yeast	2	tb Butter (sweet gives the most -(authentic taste)
3	c Bread flour		
2	tb Sugar	1	c Less 1 Tbsp. hot water
1	ts Salt	2	Stiffly beaten egg whites

Whip the whites until stiff and set aside.
Place the first 6 ingredients in the pan, select "French" bread and push start. Once all ingredients are moist, dump in the egg whites.

NOTE: If you choose, lightly brush the top with a mixture of 1 Tbsp. water, dash salt and 1/4 tsp. cornstarch after the 2nd mixing is over, and sprinkle with sesame or poppy seeds.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

```
      Title: French Bread # 2
 Categories: Breads, Breadmaker
   Servings:  1

-----------------------------FOR 1-1/2 LB. LOAF-----------------------------
      1 pk Yeast                              1 ts Sugar
      2 c  Bread flour                        1 ts Soft butter
      1 ts Salt                               1 c  Plus 1 Tbsp. warm water

  Put all ingredients in inner pot, select "French" bread and push start.

  From Loafing It by DAK

-----

---------- Recipe via Meal-Master (tm) v7.05

      Title: Golden Egg Bread
 Categories: Breads, Breadmaker
   Servings:  1

-----------------------------FOR 1-1/2 LB. LOAF-----------------------------
      1 pk Yeast                              6 tb Vegetable or corn oil
      3 c  Bread flour                    1 1/2 ts Salt
      4 tb Sugar                            3/4 c  Warm water
      2    Eggs; room temperature

  Combine all ingredients in the pan in the order listed, select white bread
  and push start.

  NOTE from DAK: Great for sandwiches. It rises tall and cuts beautifully.

  From Loafing It by DAK

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---------- Recipe via Meal-Master (tm) v7.05

      Title: Golden Raisin Bread
 Categories: Breads, Breadmaker
   Servings:  1

-----------------------------FOR 1-1/2 LB. LOAF-----------------------------
      1 pk Yeast                              2 tb Soft butter
      2 c  Bread flour                      3/4 c  Golden raisins
      1 c  Whole wheat flour                1/4 ts Ground ginger
    1/4 c  Wheat germ                       1/2 ts Cinnamon
    1/4 c  Brown sugar                    1 1/2 c  Warm water
      1 ts Salt

  Put all the ingredients in the pan in the order listed, select white bread
  and push start.

  NOTE: A sweet, different version of raisin bread

  From Loafing It by DAK

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---------- Recipe via Meal-Master (tm) v7.05

      Title: Granola Bread
 Categories: Breads, Breadmaker
   Servings:  1

-----------------------------FOR 1-1/2 LB. LOAF-----------------------------
      1 pk Yeast                          1 1/2 ts Sugar
```

3/4	c	Whole wheat flour	3/4	c	Warm water
2	c	Bread flour	1/2	c	Buttermilk
1	c	Granola; grind finely in -blender	2	tb	Sweet butter; warm
			2	tb	Honey
3/4	ts	Salt	1		Egg

Add all ingredients, select white bread and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Hawaiian Coconut Bread
Categories: Breads, Breadmaker
Servings: 1

----------FOR 1-1/2 LB. LOAF----------

1	pk	Yeast	3/4	c	Coconut; shredded
3	c	Bread flour	3/4	c	Macadamia nuts (whole is -fine or use almonds)
2	ts	Salt			
1	tb	Sugar	1/2	c	Crushed pineapple; well -drained
1/4	c	Nonfat dry milk powder			
1		Egg	1/2	c	Pineapple juice from above
1/4	c	Soft butter	1/4	c	Warm water

Drain the pineapple, reserve liquid. Add all ingredients in the order listed above, pineapple and juice "last". Select white bread and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Henzi's Seed Bread
Categories: Breads, Breadmaker
Servings: 1

----------FOR 1-1/2 LB. LOAF----------

----------DRY INGREDIENTS----------

1	pk	Yeast	1	ts	Salt
1	tb	Sugar	1/3	c	Golden raisins
1 1/2	c	Bread flour	1/3	c	Chopped pecans or walnuts
1 1/2	c	Wheat flour	1/3	c	Sunflower seeds
2/3	c	Rye flour	1/3	c	Poppy seeds
1/2	c	Cornmeal	2	tb	Caraway seeds
1/2	c	Unprocessed bran			

----------LIQUID INGREDIENTS----------

1	c	Warm water	4	tb	Honey
1/3	c	Warm milk	1		Egg
1	tb	Oil			

Add all dry ingredients. Then pour in the liquids, measure the oil before the honey and watch the honey slip right off the spoon. Select white bread and push start. This loaf may sag a bit in the center, but does not affect the texture or taste.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Maple Oatmeal Bread
Categories: Breads, Breadmaker
Servings: 1

----------FOR 1-1/2 LB. LOAF----------

1	pk	Yeast	
1	c	Quick cooking (Quaker) oats	
3	c	Bread flour	
1	ts	Salt	
1/3	c	Maple syrup	
1	tb	Cooking oil	
1 1/4	c	Plus 1 Tbsp. very warm water	

Put all the ingredients into the pan, select white bread and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Mint And Yogurt Bread
Categories: Breads, Breadmaker
Servings: 1

----------FOR 1-1/2 LB. LOAF----------

1	pk	Yeast	
3	c	Bread flour	
1	c	Plain yogurt; room temp.	
3	tb	Fresh mint; chopped	
		Grated yellow rind of 1	
		-fresh lemon	
2	ts	Honey	
1	ts	Melted butter	
1/4	c	Plus 1 Tbsp. warm water	

Add all of the above ingredients, select white bread and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Mom's Basic White Bread
Categories: Breads, Breadmaker
Servings: 1

----------FOR 1-1/2 LB. LOAF----------

1	pk	Yeast	
3	c	Flour	
1	tb	Sugar	
1	ts	Salt	
2	tb	Nonfat dry milk powder	
1	tb	Butter	
1 1/4	c	Warm water (110 degrees)	

Pour the yeast to one side of the inner pan. Add the rest of the ingredients in the order given. Select white bread, and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Old Fashioned Graham Flour Bread
Categories: Breads, Breadmaker
Servings: 1

----------FOR 1-1/2 LB. LOAF----------

1	pk	Yeast	
2	c	Bread flour	
2	c	Graham flour	
1/4	c	Nonfat dry milk powder	
1	ts	Salt	
1	tb	Honey	
1	tb	Soft butter	
1 1/2	c	Warm water	

Combine all ingredients in pan, select white bread and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Orange Bread
Categories: Breads, Breadmaker
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------

1	pk	Yeast	
3	c	Bread flour	
1/4	c	Sugar	
1	ts	Salt	
1	tb	Soft butter	
1		Egg; room temperature	
2	tb	Grated orange rind	
1	c	Orange juice	
1/4	c	Hot water	

Add all the ingredients to the pan, select white bread and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Peanut Butter Bread
Categories: Breads, Breadmaker
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------

1	pk	Yeast	
3	c	Bread flour	
1/4	c	Brown sugar; packed	
1/2	c	Chunky peanut butter	
1 1/4	c	Very warm water	

Add all the ingredients in the order listed, select white bread and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Pecan-red Onion Bread
Categories: Breads, Breadmaker
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------

1	pk	Yeast	
3	c	Bread flour	
1 1/2	ts	Sugar	
1 1/2	ts	Salt	
1	c	Plus 1 Tbsp. warm milk	
1/4	c	Soft butter	
1/2	c	Chopped fresh red onion	
3/4	c	Chopped pecans or walnuts	

Combine all ingredients in the order given. Select white bread and push start. Get ready for an unusual treat.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Pepper Spice Bread
Categories: Breads, Breadmaker
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------

1	pk	Yeast	
			2 tb Corn syrup

```
      3 c  Bread flour                      1/4 c  Pecans (or other nuts)
    1/2 ts Salt                             1/2 ts Freshly ground black pepper
    1/4 c  Sugar                              1 ts Whole anise seed
    1/4 c  Nonfat dry milk powder           1/4 ts Cinnamon
    1/4 c  Soft butter                      1/4 ts Allspice
      1    Egg                              3/4 c  Very warm water
      2 tb Honey
```

Put in all ingredients in the order listed, select white bread and push start.

NOTE: This recipe produces a light brown loaf with a unique spicy taste.

From Loafing It by DAK

```
---------- Recipe via Meal-Master (tm) v7.05

      Title: Prune Bread
 Categories: Breads, Breadmaker
   Servings:  1

-----------------------------FOR 1-1/2 LB. LOAF-----------------------------
      1 pk Yeast                                1 tb Soft butter
      3 c  Bread flour                          1 c  Pitted prunes; cut into
      3 tb Brown sugar                               -quarters
      1 ts Salt                           1 1/4 c  Warm water
```

Cut the prunes with scissors. Place all ingredients into the pan, select white bread and push start.

NOTE: Prunes turn this into a dark, moist, sweet bread. Taste is similar to a prune danish. The machine chops and spreads the prunes throughout.

From Loafing It by DAK

```
---------- Recipe via Meal-Master (tm) v7.05

      Title: Rye Bread (dak)
 Categories: Breads, Breadmaker
   Servings:  1

-----------------------------FOR 1-1/2 LB. LOAF-----------------------------
      1 pk Yeast                                1 tb Honey
      2 c  Rye flour                            1 tb Margerine
      2 c  Bread flour                          1 ts Ground allspice (optional)
      2 tb Nonfat dry milk powder               1 tb Caraway seeds (optional)
      1 tb Sugar                          1 1/2 c  Warm water
      1 ts Salt
```

Add all ingredients listed above, select white bread and push start.

NOTE: Caraway seeds and allspice may be added to make an unusual spicy rye, or omit them for a good conventional rye.

From Loafing It by DAK

```
---------- Recipe via Meal-Master (tm) v7.05

      Title: Rye Bread With Beer And Orange
 Categories: Breads, Breadmaker
   Servings:  1
```

----------FOR 1-1/2 LB. LOAF----------

----------BREAD INGREDIENTS----------

1	pk Yeast	1	c Beer; warmed
1	c Medium rye flour	2	tb Molasses
2 1/2	c All-purpose flour	2	ts Grated orange rind
2	tb Wheat germ	2	tb Butter; softened
1	ts Salt	1/4	c Warm water

----------MIX FOR WHIPPED BUTTER----------

1	Stick sweet butter		-liqueur of your choice
1	tb Honey	1/4	ts Almond extract
2	tb Amaretto or any sweet		

Add all "Bread ingredients" into pan, select white bread and push start.

NOTE: The beer gives this hearty rye a magnificent taste. Serve this bread with sweetened whipped butter.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Salted Peanut Bread
Categories: Breads, Breadmaker
Servings: 1

----------FOR 1-1/2 LB. ROAST----------

1	pk Yeast	1/2	ts Salt
1	c Whole wheat flour	2	tb Butter
2	c Bread flour	1	Egg; room temperature
1/3	c Nonfat dry milk	3/4	c Chopped salted peanuts
3	tb Sugar	1	c Hot water

Combine all ingredients, including the peanuts right from the jar, select white bread and push start. Dry roasted nuts may be used.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Spaghetti Bread
Categories: Breads, Breadmaker
Servings: 1

----------FOR 1-1/2 LB. BREAD----------

1	pk Yeast	1/3	c Grated parmesan cheese
3	c Bread flour	1	ts Dried Italian seasoning
1	tb Sugar	1	tb Olive oil
1	ts Garlic salt	1 1/2	c Warm water

Add all ingredients, select white bread and push start. Serve with spaghetti.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Squaw Bread
Categories: Breads, Breadmaker
Servings: 1

----------FOR 1-1/2 LB. LOAF----------

1	pk Yeast	1	c Rye flour
1	tb Brown sugar	1/4	c Instant nonfat dry milk -powder
2	c Bread flour		
1	c Whole wheat flour	1 1/2	ts Salt

----------LIQUIFY IN BLENDER----------

1 1/4	c Warm water	2	tb Raisins
2 3/4	tb Oil	2	tb Brown sugar
2	tb Honey		

Combine water, oil, honey, raisins, and brown sugar and blend till liquid. Add dry ingredients in the order listed, pour in liquid, select white bread and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Sunflower Bread
Categories: Breads, Breadmaker
Servings: 1

----------FOR 1-1/2 LB. BREAD----------

1	pk Yeast	1	tb Sugar
1/2	c Unprocessed bran flakes	3	tb Molasses
3	c Bread flour	2	tb Soft butter
1/4	c Sunflower seeds	1 1/4	c Warm milk
1	ts Salt		

Add all ingredients in the order listed, select white bread and push start.

NOTE: Perfect for serving with soup or salad for a light lunch.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Sweet Raisin Nut Bread
Categories: Breads, Breadmaker
Servings: 1

----------FOR 1-1/2 LB. LOAF----------

1	pk Yeast	4	tb Melted butter; cooled
3	tb Sugar	1/4	c Honey
3	c Bread flour	1 1/2	ts Salt
3/4	c Warm milk	1/3	c Raisins
1/4	c Warm water	1/3	c Golden raisins
2	Eggs; room temperature	3/4	c Nuts *

* Pistachios or peanuts

Simply dump in all ingredients in the order listed, select white bread and push start.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Third Bread
Categories: Breads, Breadmaker
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------

1	pk Yeast	1 1/2	ts Salt
3/4	c Rye flour	1/2	c Honey
3	c Bread flour	1 1/2	c Very warm water
3/4	c Yellow cornmeal		

Put ingredients into pan in the order listed, select white bread and push start.

NOTE: Using two flours and a meal, this is called third bread and was found in many old cookbooks. It is a light, honey colored bread. It will sink a bit in the middle, but has a chewy crust and a sweet, very satisfying flavor.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Wheat-wheat-wheat Bread
Categories: Breads, Breadmaker
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------

1	pk Yeast	3	tb Honey
1/8	ts Ginger	1	cn Evaporated milk (12 oz.)
2 1/2	c Bread flour	2	tb Salad oil
1 1/4	c Whole wheat flour	1/2	c Cracked wheat
1/2	c Wheat germ	1/2	c Boiling water
1	ts Salt		

Put dry ingredients in first. Cover the 1/2 cup cracked wheat with boiling water, stir, and let cool. Then add cooled cracked wheat, select white bread and push start.

NOTE: Cracked wheat is available in health food stores.

From Loafing it by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Whole-wheat Bread (dak)
Categories: Breads, Breadmaker
Servings: 1

------------------------------FOR 1-1/2 LB. LOAF------------------------------

1	pk Yeast	1	ts Salt
2 1/2	c Whole wheat flour	2	tb Soft butter
1	c Bread flour	3	tb Nonfat dry milk
1	tb Sugar	1 1/2	c Warm water

Add all ingredients in the order listed, select white bread and push start.

NOTE: A nutritious real whole wheat bread good for sandwichwes and "great" for toast.

From Loafing It by DAK

---------- Recipe via Meal-Master (tm) v7.05

Title: Honey Bacon Bread
Categories: Breadmaker, Breads

Servings: 16

```
         -GPHK52A                          3 tb Soft butter
     2 ts Yeast                        1 1/4 ts Salt
     5 ts Gluten                         1/2 c  Soft bacon bits*
 3 1/2 c  Wheat flour                  1 1/4 c  Very warm water + more if ne
   1/2 c  Honey
```

* (don't use the crunchy kind) it looks too dry add a little more) This is the receipt that was on the BB from CELESTE BEATIE (TDFX72B). I don't deserve any credit for this wonderful bread. Celeste used the DAK Auto Bakery and I use the DAK Turbo on the turbo cycle. Turned out great. It is heavy (2 1/2 lbs.) I also used the crunchy bacon bits but I soaked them in warm water for about 30 minutes. Only had to add 2 Tbsp of water to the 1-1/4 cup. All that like this should thank CELESTE. FROM: C HAROLD QUINN (FPHK52A) Reformatted by Elaine Radis

---------- Recipe via Meal-Master (tm) v7.05

```
     Title: French Onion-Cheese Bread
Categories: Breadmaker, Breads
  Servings:  1

   123    -                              1 ts Salt
          -BARB DAY                      1 tb Dried minced onion
     1 pk Yeast                        1/2 c  Kraft French Onion
   1/4 ts Ginger                              Spreadery Cheese
   1/4 ts Sugar                               Snack +1 Tablespoon
     3 c  Better for Bread flour           1    Egg;(or 1/4 c Egg Beaters)
   1/2 c  Wheat flour                      1 tb Vegetable oil
     2 tb Gluten                        10 1/2 oz Cond.French Onion soup; heat
```

Add all ingredients into the pan in the order listed. MB Select white bread and push "Start." Wonderful for sandwiches or any-meal accompaniments, this bread can also provide a spectacular presentation from first- course French onion soup for a haute cuisine dinner. Spread 1 full-round slice per person with butter (or Kaplan's Better Than Butter) and dust with grated Parmesan cheese. Cut circles out of the centers with a coffee can, place outer rings and circles on a cookie sheet and slide under an oven broiler to brown. To serve: put one cutout in the bottom of each soup bowl, ladle in hot soup, then place the crusty outer rings atop the bowls. Shared by Barb Day DAK'S GAZZETTE...#2

---------- Recipe via Meal-Master (tm) v7.05

```
     Title: Chicken & Stuffing Bread
Categories: Breadmaker, Breads
  Servings:  1

         -gwhp32a                           16 1/4 oz. package
     1 pk Yeast                             Stove Top instant
   1/4 ts Ginger                            Stuffing mix)
   1/4 ts Sugar                         1 tb Onion;dried/minced
 2 1/4 c  Better for Bread flour        1 ts Salt
   1/2 c  Wheat flour                 1/2 ts Poultry seasoning
     2 tb Gluten                      1/3 c  Celery;1/4" pieces/fresh
 1 1/4 c  Chicken Flavor M/w          1/4 c  Mushrooms;can/slices/drain
          Stuffing Mix (or 1/2            1    Egg
```

Add all ingredients into the pan in the order listed. MB Select white bread and push "Start." DAK'S GAZZETTE...#2

---------- Recipe via Meal-Master (tm) v7.05

Title: Buttered Popcorn Bread
Categories: Breads, Breadmaker
Servings: 1

-gwhp32a
Dak Gazette II
1 pk Yeast
1/4 ts Ginger
1/4 ts Sugar
2 1/2 c Better for Bread flour
2 ts Gluten
1 tb Butter Buds
Salt
5 c Popcorn;popped/buttered/ Salted and crushed Crushed by hand or In a food processor Until reduced to 2 1/2 cups
1 tb Popcorn oil;or veg. oil
1 1/2 c Very warm water

Add all the ingredients into the pan in the order listed; set darkness control at 11 o'clock Select white bread and push "Start" Try toasted slices spread with Kaplan's Better Than Butter while watching movies on your own TV screen. Shared by Barb Day

---------- Recipe via Meal-Master (tm) v7.05

Title: Portly Cheese Bread
Categories: Breads, Breadmaker
Servings: 1

-GWHP32A
Dak Gazette II
1 pk Yeast
3 1/4 c Better for Bread flour
2 tb Gluten
2 tb Parmesan cheese
1 tb Sugar
1 ts Salt
1/8 ts Baking soda
1 c Port-wine cheese food; (Kraft Spreadery) or Cold-pack port-wine Cheese spread
1 Egg
3 tb Port wine
1 c Very warm water

Add all the ingredients in the order listed; select white bread and push "Start." A wine-and-cheese-tasting party all by itself, this bread is also a wondrous snack when spread with additional port-wine cheese. Shared by Barb Day

---------- Recipe via Meal-Master (tm) v7.05

Title: Pretzels And Beer Bread
Categories: Breads, Breadmaker
Servings: 1

-GWHP32A
Dak Gazette II
1 Ingredient
1 pk Yeast
1/4 ts Ginger
1/4 ts Sugar
3 c Better for Bread flour
2 tb Gluten
1 ts Salt
1/8 ts Baking soda
1 1/3 c Pretzel sticks;thin/broken In half
1 Egg white
1 tb Vegetable oil
12 oz Light beer plus ->
1/4 c Water; heated

Add all ingredients into the pan in the order listed. Select white bread and push "Start" Containing no cholesterol and negligible sugar; this exciting bread is perfect for party snacks or sandwiches. *Shared by Barb Day

---------- Recipe via Meal-Master (tm) v7.05

Title: Raspberry Marshmallow Bread
Categories: Breads, Breadmaker
Servings: 1

-GWHP32A
Dak Gazette II
1 pk Yeast
2 3/4 c Better for Bread flour
2 tb Gluten
1 ts Salt
1/8 ts Baking soda
1/2 c Miniature marshmallows
1/4 c Egg Beaters
2 tb Canola oil
2/3 c Water; + ->
1/2 c Raspberry liquid; heated
10 oz Red raspberries;frozen in Heavy syrup. Defrost; drain and Reserve liquid and Berries.

Place the first 9 ingredients into the pan in the order listed; set darkness control at 11 o'clock. Select white bread and push "Start." Add the reserved, well-drained raspberries (2/3cup) when the breadmaker "beeps," 88 minutes into the cycle. (33 minutes with Dak Turbo II) Shared by Barb Day Delightful with fruit salad, or for a cholesterol-free fiber-flled breakfast treat, spread toasted slices with Kaplan's Better than Butter.

---------- Recipe via Meal-Master (tm) v7.05

Title: Grandma Ida's Challah
Categories: Breads, Jewish
Servings: 2

6 c FLOUR (approx)
1 pk YEAST, DRY
1 EGG; WELL-BEATEN
1/2 c OIL
1/2 c SUGAR
1 ts SALT; HEAPING
1 1/3 c WATER; LUKEWARM
RAISINS, OPTIONAL

Mix dry ingredients (yeast, flour, sugar, and salt) in large bowl, using 4 cups of the flour. Make a well in the center. Into the well, put the eggs, oil, and water. Stir to dampen flour. Add enough flour so that dough becomes smooth and cleans sides of bowl if you are using a dough hook.
Else knead on floured board. Place dough in oiled and let rise until double in bulk. Divide dough in half and each half into 3 or 4 pieces. For each loaf, roll out the pieces into ropes and braid from the middle to the ends. Place loaves on a greased cookie sheet or in greased loaf pans. Brush the top of each loaf with egg glaze if desired. Allow to rise again until double. Bake 30 - 45 min @ 350. ~ FOR BUNS: USE 2/3+ CUPS SUGAR AND 2 EGGS. ~ ** TO DECREASE RISING TIME: ** PLACE DOUGH IN BOWL - DO NOT GREASE! ** PLACE 1 CUP OF WATER IN CORNER OF MICROWAVE OVEN. ** COVER DOUGH LOOSELY WITH SARAN OR DAMP LINT-FREE TOWEL. ** NUKE FOR 3 MINUTES @ 20% POWER. (MAX OF 112 DEGREES!!!) ** LET REST FOR 3 MINUTES. ** NUKE FOR ANOTHER 3 MINUTES @ 20% POWER. ** LET REST FOR 6 MINUTES. ** AFTER PUNCHING DOWN AND BRAIDING, CAN LET RISE NORMALLY IN PANS OR
REPEAT NUKING PROCESS IF USING MICROWAVE SAFE PANS. ~ TO MAKE ROUND LOAVES:
PAT DOUGH INTO A 9 X 13 RECTANGLE.
PAT RAISINS INTO THE DOUGH, THEN ROLL UP TIGHT FROM THE LONG SIDE TO 32".
MAKE A PINWHEEL OF IT, TUCKING THE OUTSIDE END UNDER THE LAST TURN.

---------- Recipe via Meal-Master (tm) v7.05

Title: Caraway Puffins
Categories: Muffins, Breads
Servings: 1

3	tb	Butter	1	ts	Grated Lemon Peel
1/2	c	Creamed Cottage Cheese	3/4	ts	Caraway Seed
1/3	c	Sugar	1 1/2	c	Biscuit Mix
1		Egg	1/2	c	Milk

Cream butter, cottage cheese and sugar. Add grated Lemon peel, caraway seed and egg. Beat with mixer til smooth. Stir in biscuit mix and milk alternately. Do not beat. Spoon batter into greased muffin pans, filling 2/3 full. Bake at 400 for 20 min. or til lightly browned.

---------- Recipe via Meal-Master (tm) v7.05

Title: Honey Wheat Bread - in a Bag
Categories: Breads
Servings: 40

----------INGREDIENTS----------

4	c	All purpose flour	1/4	c	Honey
3 1/4	c	Whole wheat flour	1/4	c	Non-fat dry milk powder
2	pk	Active dry yeast	2	tb	Vegetable oil
2 1/2	c	Warm water	1	tb	Salt

DIRECTIONS: 1. Combine 1 C all purpose flour, 2 pkg yeast, 1 C warm water and 1 T honey in a 2 gal heavy duty freeze plastic bag (Ziploc Jumbo) 2. Squeeze upper part of bag to force out air. Close top of bag tightly between thumb and index finger. Rest bag on table, mix by working bag with fingers about 20 seconds or until all ingredients are completely blended. Let bag rest about 15 minutes. 3. Add remaining ingredients, except flour. 4. Mix by working bag with fingers. Add Whole wheat flour; mix thoroughly. Then gradually add remaining all purpose flour until a stiff dough is formed, about 2-1/2 C or until dough pulls away from bag. 5. Turn dough out onto floured surface. Divide dough in half. Knead each half 5 minutes or until dough is smooth and elastic. Add more flour, if necessary. Cover with plastic bag. Let rest 10 minutes. 6. Flatten dough into a 12 x 7 inch rectangle. At narrow end fold corners to center to form a point. Beginning with point roll dough tightly towards you. Pinch the edges to seal. Press dough at each end to seal and fold ends under. 7. Place seam down in a greased 8-1/2 x 4-1/2 x 2-1/4 loaf pan. Repeat with second loaf. 8. Cover loosely with plastic bag and let rise in warm place 45-60 minute or until doubled. Uncover. Bake on lower rack in 400 F oven 30-35 minutes or until deep golden brown. Remove from pan immediately. Cool on rack. Makes 2 (1-3/4 lb) loaves.

------- VARIATIONS: MOUNTAIN TOP BREAD: Brush tops with melted butter or margarine. Sprinkle with all purpose flour. Repeat with second loaf. Let rise 45-60 minutes. Before baking, carefully make a shallow cut with sharp knife down center of each loaf. Bake as directed. COUNTRY CRUST BREAD: After greasing loaf pans, coat bottoms and sides of pans with whole wheat germ, wheat bran or whole wheat flour. Shape loaves; place seam side down in prepared pans. Brush tops of loaves with vegetable oil. Sprinkle tops of loaves with 1/4 C wheat germ or whole wheat flour. Let rise and bake as directed. ICED HONEY RAISIN BREAD: For two loaves, in small bowl, mix together 1 C raisins, 1/2 C packed brown sugar and 2 tsp cinnamon. Flatten each dough piece into 12 x 7 inch rectangle and brush each piece with softened butter or margarine. Sprinkle raisin mixture on dough. Press raisins in lightly. Shape into loaves, let rise and bake as directed. When cool, frost loaves with Easy Icing. Beat until smooth 1 C powdered sugar and about 1 T hot water. PARTY BUNDT BREAD: Shape loaves as directed except do not seal ends. Pinch loaves together to form a ring. Place ring seam side up in greased 12 C bundt pan. Let rise until dough reaches top of bundt pan, about 45-60 min. Bake in 375 F oven 40-45 min. Invert immediately and cool on rack. When cool, drizzle with Honey-Nut Glaze. Stirring constantly, bring to boil 1/4 C coarsely chopped nuts, 1/4 C packed brown sugar, 1/4 C honey and 2 T butter or margarine. SOFT AND SALTY PRETZELS. Divide dough into 24 equal pieces. Roll each piece into 18 inch rope. Twist ropes into pretzel shape and place on greased baking sheets. Brush pretzels with vegetable oil and sprinkle with coarse

salt. Cover; let rise until doubled, about 1/2 hour. Bake in 425 oven 15 to 20min or until golden brown. Cool on rack and store in container with loose fitting cover.

-------- SUBSTITUTIONS: Molasses, brown sugar or granulated sugar may be used in place of honey. 1 C lukewarm milk and 1-1/2 C warm water may be used in place of nonfat dry milk and water. Softened butter or margarine may be used in place of vegetable oil. All purpose flour may be used in place of whole wheat flour. Two 9x5x3 inch loaf pans may be used.

From Wheat Flour Institute, Washington, D.C. 20006 - 1979 From Files of A.Broaddus

---------- Recipe via Meal-Master (tm) v7.05

Title: Cheese Cornbread
Categories: Breads
Servings: 18

3 c	Stone ground yellow -cornmeal	5	Eggs
3 c	Unbleached flour	3/4 c	Safflower or corn oil
2 1/2 tb	Baking powder	3 1/2 c	Buttermilk
2 tb	Sugar	2 c	Cheddar cheese -sharp, shredded
1 1/2 ts	Salt		

In a mixing bowl, combine cornmeal, flour, baking powder, sugar and salt; mix well. Separately beat eggs with oil and buttermilk. Add with cheese to cornmeal mixture, stirring enough only to mix all ingredients well. Spoon into two 8 x 12" greased baking pan. Bake in a preheated 425 degree oven for 20 to 25 minutes or until cornbread is brown around the edge and firm to the touch. Cut into squares and serve hot.

---------- Recipe via Meal-Master (tm) v7.05

Title: Patio Skillet Bread
Categories: Breads
Servings: 10

1 1/2 c	Flour	3	Eggs, slighty beaten
1 1/2 c	Cornmeal	2 c	Milk
2 tb	Sugar	1/3 c	Shortening, melted
4 ts	Baking powder	1 1/2 c	Celery, chopped
2 1/2 ts	Salt	1/4 c	Pimiento, chopped
2 ts	Poultry seasoning	1/4 c	Onion, minced

Mix flour, cornmeal, sugar, baking powder, salt and poultry seasoning. Beat eggs and mix with milk and shortening. Add to first mixture. Stir until just mixed. Stir in celery, pimiento and onion.

Pour mixture into greased 10 inch skillet or baking pan. Bake at 400F, 35-45 minutes or until well browned and done. Serve hot with butter.

This bread goes well with meat and potatoes cooked outdoors on grill.

From Gary (MusiCook)

---------- Recipe via Meal-Master (tm) v7.05

Title: Walnut Apricot Bread TspnOOb
Categories: Breads

Servings: 12

3	ts	Baking powder	2/3	c	Walnut meats
3/4	ts	Salt	1	c	Milk
3	c	Flour	1		Egg; well-beaten
1/2	c	Brown sugar; firm packed	4	tb	Butter
1	c	Dried apricots; cut-up			

Sift the baking powder, salt, and flour together; sift once more. Add the sugar and mix again; then add the apricots and the nuts. Combine the milk, egg, and butter, and beat lightly; add this to the flour mixture and blend well. Bake in a buttered loaf pan in a 350 oven for one hour. FROM: KATE SMITH'S "COMPANY'S COMING" COOKBOOK -- Lisa Crawley TSPN00B

---------- Recipe via Meal-Master (tm) v7.05

Title: Buttermilk Oat Bread
Categories: Breads, Bm, Oatmeal
Servings: 14

One pound loaf			One/1/2 pound Loaf		
1	c	Buttermilk	1 1/3	c	Buttermilk
4	tb	Butter	5	tb	Butter
3	tb	Molasses	4	tb	Molasses
1 1/2	ts	Salt	2	ts	Salt
1	c	Oatmeal	1 1/3	c	Oatmeal
2	c	Bread flour	2 2/3	c	Bread flour
1 1/2	ts	Yeast	2 1/2	ts	Yeast

Bake according to manufacturer's instructions.

Source: The Bread Machine Cookbook - Melissa Clark

This recipe orginally posted by Apple had the following notes: Appled used buttermilk powder and it turned out fine. She also used a Welbilt 100 (R2D2) and used the Sweet Bread cycle on the lightest setting.

reformatted for MM by p. reynolds

---------- Recipe via Meal-Master (tm) v7.05

Title: Sour Rye Bread
Categories: Breads
Servings: 1

9	ts	Yeast (2 pkg.)	4	ts	Caraway Seed (optional)
1 1/2	c	Water, warm	1	ts	Salt
2	c	Rye flour,	1		Egg
		- medium or stone ground	3	ts	Vegetable oil
1	c	Beer, warm	1		Egg white;
6	c	Flour, all-purpose (approx)			- beaten with 2 Tsp water
1/4	c	Sugar			

In large mixer bowl, dissolve half of yeast in warm water. Add rye flour; stir until well mixed. Cover bowl tightly w/plastic wrap. Let stand (room temp) for 3 days. Then add remaining yeast & the beer; mix well. Stir in 3 cups of the all purpose flour, sugar, half Caraway seed, salt and the egg, lightly beaten. Beat at moderate speed until smooth, about 2 min. Add oil; beat at high speed for 2 min. Add enough flour to make soft dough. Turn dough out onto a floured board. Knead in remaining flour & knead about 5 min. Place in greased bowl, and let rise until doubled. Punch down and form into 2 braided loaves. Brush with egg white/water, sprinkle with Caraway seeds, and let rise again. Bake at 350, about 40 min.

You can vary this by using 3 different seeds on the outside of each braid "rope". Try poppy seed, sesame seed, and caraway, for a change.
From: Joan D. Tharp, J.THARP on Genie - MM by Frances Nossen

---------- Recipe via Meal-Master (tm) v7.05

Title: CORN DODGERS
Categories: Breads
Servings: 6

-PNewton vkbb14a
2 c Cornmeal
1 ts Baking soda
1/4 c Sugar
2 Large eggs;beaten OR -egg substitutes
1 c Nonfat plain yogurt
1 tb Olive oil

Preheat oven 400F. Sift together cornmeal and baking soda into large bowl; add sugar.

Make a well in center and pour in eggs, yogurt and oil. Stir together well and bake for 15 min.

From: What's for Dinner?

---------- Recipe via Meal-Master (tm) v7.05

Title: CHEESE STRAWS
Categories: Breads, Cheese
Servings: 1

-PNewton vkbb14a
1 1/2 c Unbleached flour
6 tb All veg shortening
4 tb Ice water
1 c Grated cheddar cheese;lofat

Preheat oven 450F. Place flour in large bowl. Cut in shortening until mix is granular. Stirring with fork, work in just enough ice water to form stiff dough.

Roll out dough as thinly as possible on floured surface. Spread one-half dough with cheese. Top with other half of dough and roll out. Cut layered dough into 3x1/2" strips and place on baking sheet sprayed with Pam. Bake until golden.

Variation: Twist cheese straw dough From: What's for Dinner

---------- Recipe via Meal-Master (tm) v7.05

Title: Foccaccia***
Categories: Italian, Breads
Servings: 1

- G. Granaroli XBRG76A
- MM:MK VMXV03A
1 lb Pizza dough
Olive oil
Seasonings

Let the dough rise for about 4 hours until double in size. Punch down and roll out to fit a shallow paking pan or pizza pan. The dough should be about 1 inch thick. Spread olive oil thinly on top. Salt and top with a season of you choice. I love Rosemary. You can also add sun-dried tomatoes, garlic, onions, or any other herbs. Bake at 375 for 25-30 min or until golden. Cut into squares and serve.

---------- Recipe via Meal-Master (tm) v7.05

Title: Buns Make Shells
Categories: Breads
Servings: 1

-Waldine Van Geffen VGHC42A
Stale hamburger or hot dog
-buns
Small dinner or finger rolls
Melted butter
Cinnamon sugar
Parmesan cheese; grated

Use buns for small pie shells. For cocktail parties, use smaller rolls. Split in half and hollow into shells by removing part of the soft inside crumbs with the point of a sharp knife. Brush with butter. Sprinkle with a little plain or cinnamon sugar for sweet fillings; leave plain or dust with Parmesan cheese for salty fillings. Arrange on a baking sheet and bake at 350~ until golden and crisp, about 20 to 25 minutes. To serve hot; reheat in the oven, empty and fill with a hot filling just before serving. Source: Times-Picayune (wrv)

---------- Recipe via Meal-Master (tm) v7.05

Title: Breakfast Bread Pudding with Sausage
Categories: Brunch, Meats, Cheese/eggs, Breads
Servings: 8

	-Waldine Van Geffen VGHC42A	1 1/2 c	Swiss cheese; shred, divide
3 c	French bread; cubed	9 lg	Eggs
1/2 lb	Bulk pork sausage; crumble	3 c	Milk
1 c	Onions; chopped	1 ts	Dry mustard
2 ts	Fresh thymne; chopped or	1 ts	Salt
1/2 ts	Dried	1/4 ts	Freshly ground pepper
10 oz	Pk frozen chopped spinach;	1	Plum tomato; diced
	-thaw squeeze dry		

Preheat oven to 325~. Arrange bread in 15-1/2x10-1/2" jely-rolly pan. Bake 20 minutes or until crisp. Cool. Meanwhile, brown sausage in large skillet over medium-high heat; drain on paper towels. Add onions and thyme to skillet; cook until onion is translucent, about 2 minutes. Remove from heat. Stir in sausage and spinach to combine; cool completely. Arrange bread in shallow 3-quart baking dish. Sprinkle 1 cup cheese over top, then layer with sausage mixture and remaining cheese. Beat eggs, milk, mustard, in bowl until well blended. Carefully pour into prepared dish; sprinkle top with tomato. (Can be made ahead. Cover and refrigerate up to 24 hours.) Bake 1 hour or until center is just set. Let stand 10 minutes before serving. (wrv) until center is just set.

---------- Recipe via Meal-Master (tm) v7.05

Title: Breakfast Casserole
Categories: Brunch, Eggs, Vegetables, Breads, Meats
Servings: 10

	-Waldine Van Geffen VGHC42A		Salt and pepper to taste
8 oz	Loaf Italian bread	1 lg	Red pepper; 1/4" slices
3 tb	Butter or margarine; melted	1 sm	Onion; 1/4" slices
2 lb	Hot or sweet Italian sausage	1 sm	Zucchini; 1/4" slices
	-links	1/2 ts	Dried thyme
12 lg	Eggs		

Preheat oven to 325~. Slice bread into 1/4"-thick diagonal slices. Line bottom of 13x9" baking dish or shallow casserole with bread, overlapping

slices if necessary. Brush with butter or margarine. Remove sausage from casings. Cook sausage until well-browned, stirring frequently. Wtih slotted spoon, place cooked sausage on top of bread in baking dish. Discard all but 1 T sausage drippings. In bowl, mix eggs with salt, pepper and 1/3 c water. Pour egg mixture over sausage and bread. Cover baking dish with foil and bake 25 minutes or until eggs are set but still moist. In same skillet, cook veggies with thyme, salt and pepper until tender-crisp and golden brown. To serve, arrange veggies on top of casserole. (wrv)

---------- Recipe via Meal-Master (tm) v7.05

Title: DECADENT FRENCH TOAST
Categories: Brunch, Breads, Make ahead, Cheese/eggs, Nuts
Servings: 4

Jean Gaschen
5 tb Butter
1 c Brown sugar
2 tb Dark Karo)
1/2 c Milk
5 Egg
1 ts Vanilla
French bread
Whipped cream
Pecans; chopped
Strawberries

Cook corn syrup, butter, and brown sugar until bubbly. Pour into a 13x9 baking dish and generously sprinkle chopped pecans over the syrup mixture. Arrange 2" slices of french bread over the mixture. Beat together eggs, milk, and vanilla. Pour over the bread and refrigerate overnight. Bake at 350 for 45 min.and invert! Serve with cream and strawberries. A nonstick pan makes life easier. Watch closely, you don't want it to get too brown. Can be made the night before. Format for MM by Judy Garnett

---------- Recipe via Meal-Master (tm) v7.05

Title: STRAWBERRY PECAN BREAD
Categories: Breads, Quickbreads, Fruits
Servings: 4

1 1/2 c All-purpose flour
1 c Sugar
1 ts Cinnamon
1/2 ts Baking soda
2/3 c Oil
2 Eggs; beaten
1 c Frozen strawberries
1/2 c (+ 2 T) pecans; chopped

Preheat oven to 350F. Generously grease bottom only of a 9x5-inch loaf pan. Combine flour, sugar, cinnamon,and baking soda in a large bowl; mix well. In separate bowl, blend oil and eggs. Slice thawed strawberries and add to oil and egg mixture. Add this mixture to the bowl of dry ingredients. Stir in 1/2 cup of the pecans, blending until dry ingredients are just moistened. Pour bread mixture into loaf pan. Garnish top with 2 tablespoons chopped pecans. Bake 60-70 minutes, until toothpick comes out clean. Cool 15 minutes; remove from pan. Cool completely before slicing. Adapted from Gretchen Schuler's winning recipe created for Johnson & Wales University's National Annual High School Recipe Contest Author unknown Posted on Prodigy 2/91 Formatted by Judy Garnett for MM

---------- Recipe via Meal-Master (tm) v7.05

Title: FLAVORED BUTTERS
Categories: Cheese/eggs, Condiments, Breads, Fruits, Brunch
Servings: 1

-EILEEN SPARKES (TCVB74B)

----------CINNAMON BUTTER----------

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      2    Sticks butter                        1 ts Cinnamon
    1/2 c  Brown sugar                               -Blend together well.

------------------------------ORANGE BUTTER-------------------------------
      2    Sticks butter                      1/8 ts Mace
      1 ts Orange rind                              -Blend together well.

----------------------------STRAWBERRY BUTTER-----------------------------
      1    Stick butter                             -ripe; hulled fresh
      4    Strawberries                             Powdered sugar; to taste

---------------------------HONEY-PECAN BUTTER-----------------------------
           -Spread                                  -beat in
    1/3 c  Pecans; in a shallow pan.          1/4 c  Honey; until well combined.
           -Toast in a 350 oven                     -Then mix in chopped pecans.
           -for about 8 minutes; cool.              -made ahead; cover an
           -Chop toasted pecans finely.             -refrigerate.  Let stand at
           -In a medium bowl; beat                  -room temperature to soften
    1/2 c  Butter; until fluffy;                    -before serving.

  We had a brunch potluck at work and I made 4 or 5 different breads with the
  assorted butters - they make yummy toast!
   Formatted by Elaine Radis

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---------- Recipe via Meal-Master (tm) v7.05

      Title: BANANA SPLIT BREAD
 Categories: Breadmaker, Breads, Nuts
   Servings:  1

           -BARB DAY GWHP32A                     1 ts Vanilla
           -Dak Gazette II                       4 oz Banana-1 med; sliced
      1 pk Yeast                                      -Directly into the
      3 c  Better for Bread flour                     -Inner pan
      2 tb Gluten                                 10    Frozen Strawberries; thawed
      2 tb Sugar                                      -With their liquid
      1 ts -Salt                                 1/3 c  Crushed pineapple; drained
    1/8 ts Baking soda                                -Reserve juice.
    1/3 c  Instant nonfat dry milk               1/3 c  Pineapple juice; from
    1/3 c  Walnuts; broken                            -The pineapple-heated
      1    Egg                                   1/2 c  Chocolate chips
      2 tb Vegetable oil                           4 c  Maraschino cherries; drained

   Place all ingredients (EXCEPT CHOCOLATE CHIPS AND CHERRIES) into the inner
  pan in the order listed; select white bread and push "Start." Add the chips
  and cherries when the Auto Bakery "beeps," 88 minutes into the cycle. (33
  min. with DAK Turbo II) Delightful whether eaten fresh, chilled or toasted,
  this soda fountain special is even more spectacular when spread with cream
  cheese blended with minced maraschinos and their liquid.

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---------- Recipe via Meal-Master (tm) v7.05

      Title: SAVORY CORN BREAD PUDDING
 Categories: Breads, Side dish, Gourmet
   Servings: 10

           -Elayne Caldwell (KVNH17B)                -melted and cooled
      1 c  All-purpose flour                       4 lg Eggs
  1 1/2 c  Yellow cornmeal                         4 c  Milk
      1 tb Baking powder                         1/2 ts Cayenne; or to taste
      1 ts -Salt                                  14 oz Can of tomatoes; drained
      1 c  Milk                                         -well and chopped
      1 lg Egg                                     6    Scallions; chopped fine
      3 tb Unsalted butter;
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Make the corn bread: In a bowl, stir together the flour, cornmeal, baking powder and salt. In a small bowl, whisk together the milk, egg and butter and stir the mixture into the cornmeal mixture, stirring until the batter is just combined. Pour the batter into a greased 8-inch square baking pan and bake the corn bread in the middle of a preheated 425 degree F. oven for 20 to 25 minutes, or until a tester comes out clean. Let the corn bread cool in the pan for 5 minutes, invert it onto a rack, and let it cool completely. Crumble the corn bread coarse into 2 shallow baking pans and toast it in the middle of a preheated 325 degree F. oven, stirring occasionally, for 30 to 35 minutes, or until it is dried and deep golden. The crumbled corn bread may be made 3 days in advance and kept in an airtight container.

In a large bowl, whisk together the eggs, milk, cayenne and salt to taste, add the crumbled corn bread, tomatoes and scallions and combine the mixture well. Divide the corn bread mixture between 2 greased 9-inch round cake pans, let it stand for 15 minutes and bake the pudding in the middle of a preheated 375 degree F. oven for 40 to 45 minutes, or until it is golden. Cut the pudding into wedges.

From: Gourmet - January 1992

---------- Recipe via Meal-Master (tm) v7.05

Title: Dried Tomato Crostini
Categories: Sun-dried, Breads, Ethnic, Appertizers
Servings: 24

-Waldine Van Geffen VGHC42A
12 Sun-dried tomato halves; -dry pack
1/4 c Boiling water
2 tb Balsamic or red wine vinegar
1 md Tomato; peel, seed, chop
1/4 c Red onion; finely chop
4 Pitted ripe olives; minced
1 tb Olive oil
1 1/2 ts Parsley; snipped
1 cl Garlic; minced
1/2 ts Capers; drain, chop
Cracked black pepper
8 oz Loaf baguette-style French -bread
Parmesan or Mozzarella;shred
Fresh thyme sprigs; optional

Combine dried tomatoes, water and vinegar. Let stand for 15 to 20 minutes to soften tomatoes. Drain. Discard liquid. Cut dried tomatoes into thin strips; return to bowl. Stir in ripe tomato, onion, olives, oil, parsley, garlic and capers. Season with pepper. Bias-slice bread into 24 pieces, about 1/2" thick. Place bread slices on a baking sheet. Bake in a 350~ oven for 3 to 5 minutes or till light brown. Turn bread over; bake for 3 to 5 minutes more or till light brown. Spoon tomato mixture onto toasted bread and serve immediately. Or, if desired, sprinkle added Paremsan cheese or mozzarella over tomato mixture; return to oven for 3 to 5 minutes more or till cheese is melted. Garnish with fresh thyme sprigs, if desired. Serve immediately. (wrv)

---------- Recipe via Meal-Master (tm) v7.05

Title: French Bread/Goat Cheese/Sun-Dried Tomato Spre
Categories: Sun-dried, Breads, Spreads, Cheese
Servings: 8

-Waldine Van Geffen VGHC42A
11 oz Pk Montrachet; or other soft -fresh goat cheese
2/3 c Walnuts; chopped
1/2 c Oil-pk sun-dried toms; drain -chop
4 ts Fresh thyme; minced or
1 ts Dried thyme; crumbled
1/4 c Sour cream
Fresh thyme; minced
Walnuts; chopped
2 French bread baguettes;slice

Mix cheese, walnuts, tomatoes and thyme. Thin to spreadable consistency with sour cream. Season with generous amount of pepper. Mound cheese in

crock or bowl. (Can be prepared 2 days ahead. Cover and chill. Bring to room temperature before serving.) Sprinkle cheese with thyme and walnuts. Serve with bread. (wrv)

---------- Recipe via Meal-Master (tm) v7.05

Title: Banana Muffins
Categories: Ww, Breads
Servings: 2

-Kathleen Kincaid NRRN96A

1	Banana; medium
1 ts	Cinnamon
1/2 ts	Baking soda
2	Eggs
1 ts	Vanilla
6 tb	Flour
1 ts	Baking powder
1/2 c	Carrots; grated
2/3 c	Powdered milk
10 pk	Sweet and Low

Mix all ingredients. Spray muffin tin with Pam. Divide equally. Bake at 350 F. for 25 minutes. Makes 12 muffins which is TWO SERVINGS of SIX (yes 6) MUFFINS EACH. For each six (6) muffins the following counts apply: 1 Bread, 1 Fruit, 1 Milk, 1 Protein and 1/2 Vegetable. This is a no fat recipe. You may substitute Egg Beaters for the eggs and Equal for the Sweet and Low. Freeze well.

---------- Recipe via Meal-Master (tm) v7.05

Title: BANANA RAISIN WALNUT MUFFINS
Categories: Ww, Breads, Breakfast
Servings: 12

-Joyce Burton, PDPP83A

1 c	+2 T. flour
1/2 c	Nonfat dry milk powder
1/4 c	Brown sugar; firmly packed
2 ts	Baking powder
1/4 ts	Nutmeg
1/2 ts	Baking soda
1 c	+2 T. buttermilk
1	Egg; lightly beaten
1/4 c	Less 2 t. vegetable oil
2 tb	Sweet whipped butter, melted
1	Banana; ripe, mashed
1/2 c	Golden raisins; plumped
1 oz	Walnuts; chopped

Preheat oven to 400. Spray 12 muffin cups with nonstick spray. In medium mixing bowl cmbine flour, milk powder, sugar, baking powder, baking soda and nutmeg; stir to combine and set aside. In small bowl, combine buttermilk, egg, oil, and butter and stir until blended; stir in dry ingredients. Add banana, raisins, and walnuts and stir to combine (mixture will be lumpy). Fill each baking cup with an equal amount of batter and bake for 15 minutes (until golden brown and a toothpick inserted in center comes out dry). Transfer muffins from pan to wire rack and cool. Makes 12 servings, 1 muffin each. One muffin equals 1/4 protein, 1/2 bread, 1 fat, 1/2 fruit, 1/4 milk, 30 optional calories. From WW Meals in a Minute Cookbook. Formatted by Joyce Burton..PDPP83A.

---------- Recipe via Meal-Master (tm) v7.05

Title: Basic Pizza Dough
Categories: Main dish, Breads, Ww
Servings: 8

4 1/2 c	All purpose flour
1	Envelope dry active yeast
1/2 ts	Salt
1 1/4 c	Hot water

In large bowl, combine 2 cups flour, the yeast and salt. With electric mixer, slowly beat in water; beat 2 minutes, occasionally scraping bowl with rubber spatula. With mixer on medium speed, beat in 1/2 cup flour;

beat 2 minutes, unti dough is stiff. Stir in 1 1/2 cups flour. Sprinkle clean work surface with 1/4 cup flour. Knead dough on floured surface, 6-8 minutes. Spray large bowl with nonstick spray. Place dough in bowl; cover with plastic wrap and kitchen towel. Let rise 1 hour or until doubled in volume. Punch down dough; let rest 15 mintues. Divide dough in half. Sprinkle clean work surface with 2 T flour. Roll 1/2 of dough into 13" round; lift onto a 12" pizza pan. Pinch edges to form a rim. Exchanges: 1 1/2 B. Per serving: 116 cal, 0 gm fat.

---------- Recipe via Meal-Master (tm) v7.05

Title: Cinnamon Rolls
Categories: Breads, Low-cal, Ww
Servings: 10

-WRSD61A
10 oz Buttermilk Biscuits, Refrig.
^^(10 biscuits in "tube")
5 ts Margarine; melted
5 ts Brown sugar; packed, divided
1 ts Cinnamon
1/2 c Raisins; dark
2 tb Raisins; dark
5 ts Powdered sugar; sifted
2 ts Water

Preheat oven to 400 F. Spray 8x8x2 inch baking pan; set aside. Separate biscuits; using fingers, flatten each into 3" circle. Brush each circle with an equal amount of the margarine, sprinkle each with 1/4 t brown sugar and an equal amount of cinnamon, then top each with 1T raisins. Roll each circle jelly-roll fashion and arrange in two rows, seam side down, in sprayed pan. Bake until rolls are puffed and golden brown, 8-12 minutes. Transfer pan to wire rack and lets rolls cool in pan. In small bown or cup combine remaining 2 1/2 t brown sugar and the powdered sugar, add water, 1 t at a time, stirring constantly until mixture is smooth and syrupy. Remove rolls to serving platter, brush each with an equal amount of sugar mixture. Makes 10 servings of 1 roll each. Each serving provides: 1 BREAD, 1/2 FAT, 1/2 FRUIT and 20 OPTIONAL CALORIES. Per serving: 143 calories, 5 g fat. Source: WW Favorite Recipes (1986). Hard to eat just one!!

---------- Recipe via Meal-Master (tm) v7.05

Title: Muffins
Categories: Low-cal, Breads, Ww
Servings: 1

-Nancy Erlich (XVPK76B).
1/2 c Pineapple; crushed
1 oz Cornmeal
1 Egg
1/4 ts Baking powder
1/3 c Dry powdered milk
1 pk Sweet'n Low
1/4 ts Baking soda

Put everything in blender to mix. Bake in muffin tins at 400 for 15 minutes. All 5-6 muffins are ONE serving and provide: 1 fruit, 1 milk and 25 optional
calories.

---------- Recipe via Meal-Master (tm) v7.05

Title: Orange-walnut Muffins
Categories: Ww, Breads
Servings: 6

1 Flour; 1 cup + 2 tbls.
2 tb Brown Sugar; Lt. (packed)
1 1/2 ts Baking powder
1 ts Lemon Rind; Grated
1/2 oz Walnuts; chopped (12 halves)
1 Salt; pinch
1/2 c Orange juice
2 tb Margarine; melted + cooled
1 Egg; large

Preheat oven to 375 degrees F. In medium bowl, stir together flour, sugar, baking powder, lemon rind, walnuts and salt. In small bowl, mix together orange juice, margarine and egg. Add to dry ingredients, mixing with fork until just combined; do not overmix. Spray six 2 1/2 inch muffin cups with nonstick cooking spray; divide batter evenly among the cups. Bake 20 to 25 minutes, or until golden brown. Makes six servings. EACH SERVING PROVIDES: 1 B, 1 F, 60 optional calories. Per serving: 175 calories; 4 g protein, 6 g fat, 25 g carbohydrate, 187 mg sodium, 46 mg cholesterol. Source: Living Fit Magazine-recipe given to us at Weight Watchers Meeting.

---------- Recipe via Meal-Master (tm) v7.05

Title: Pancakes
Categories: Breakfast, Breads, Low-cal, Ww
Servings: 1

3	tb Flour	1	Vanilla ALBA 77
1/4	ts Salt	1	Egg
1/2	ts Baking powder	1/2 c	Warm water

Mix all ingredients. Makes 4-6 pancakes Exchanges: 1 bread, 1 milk & 1 protein.

---------- Recipe via Meal-Master (tm) v7.05

Title: Breadstick Dippers
Categories: Appetizers, Breads, Ww
Servings: 12

2 1/4	c Flour; divided	1 c	Skim milk
1	tb Sugar	1/4 c	Reduced-calorie margarine;
2	ts Baking powder		Melted.
1	ts Salt		

Preheat oven to 425 degrees. Into medium mixing bowl sift together 2 c flour, the sugar, baking powder; and salt; add milk and, using a wooden sppon, mix to form dough. Using 2 T of the reamining flour, lightly flour work surface; turn dough out onto floured surface and knead, adding remain9ing 2 T flour as needed, until dough becomes smooth and elastic, about 5 minutes. Using rolling pin, roll dough into 12x8"rectangle, about 1/2 " thick. Cut dough in half lengthwise; cut each half crosswise into 18 equal slices. Dip dough slices into margarine; being sure to use all of the margarine; place dough slices on baking sheet, leaving a space of about 1 inch between each. Bake until golden brown, 10 to 15 minutes. Makes 12 servings of 3 sticks each. One serving=1 bread; 1/2 fat; 15 cal optional exchange. 114 calories; 3 g protein; 2 g fat; 20 g CHO, 65 mg calcium; 306 mg sodium; 0.4 mg chol.

---------- Recipe via Meal-Master (tm) v7.05

Title: Dill Cottage Cheese Batter Bread
Categories: Breads, Pat
Servings: 12

1	pk Dry yeast	1	ts Salt
1/2	ts Sugar	1	c Small curd cottage cheese
1/4	c Very warm water		-warmed slightly
1	Egg	1/4	ts Baking powder
1	tb Dried instant onions	2 1/2	c Flour
1	tb Butter or margarine		Melted butter
2	ts Dillweed		

Grease a 1-quart baking dish.
Sprinkle yeast and sugar over very warm water in 1-cup glass measure. Stir to dissolve yeast. Let stand until bubbly, about 10 minutes.
Beat egg slightly in large bowl. Add dried instant onions, butter, dill-weed, salt, cottage cheese and baking powder; beat until well blended. Stir in yeast mixture until well blended. Stir in enough of the flour to make a soft dough. Place dough in prepared baking dish. Cover with buttered wax paper and a towel. Let rise in warm place away from drafts until doubled in bulk, about 1 hour.
Bake in preheated moderate oven (350) for 60 minutes or until loaf sounds hollow when topped with fingers. Turn bread out onto wire rack. Brush with melted butter and sprinkle with salt. Serve warm
Makes 1 loaf (12 slices).
Per slice, 134 calories, 3 g fat.
Pat Empson 05/25 09:57 am
FOOD AND WINE BB TOPIC: FOOD SOFTWARE TIME: 05/25 10:09 AM

TO: PAT EMPSON (PFXX29A) FROM: PAT EMPSON (PFXX29A) SUBJECT: R-MM-MIXED BAG

---------- Recipe via Meal-Master (tm) v7.05

Title: Overnight Coffee Bread
Categories: Breads, Brunch, Pat
Servings: 10

20	Frozen dinner rolls	1/2 ts	Cinnamon
3 oz	Box Jello vanilla pudding --NOT instant	1	Stick melted butter
		1/2 c	Pecans
1/2 c	Brown sugar		

Place frozen dinner rolls in a bundt pan. Stir together remaining ingredients and pour on top of rolls. Cover with a towel and leave overnight. The following morning, bake at 350 degrees for 30 minutes. Freeze while hot for fast reheating in microwave.
Pat Empson 05/25 10:01 am
FOOD AND WINE BB TOPIC: FOOD SOFTWARE TIME: 05/25 10:09 AM

TO: PAT EMPSON (PFXX29A) FROM: PAT EMPSON (PFXX29A) SUBJECT: R-MM-MIXED BAG

---------- Recipe via Meal-Master (tm) v7.05

Title: Benya Banana Fritters
Categories: Fruits, Breads
Servings: 1

	- Pam Coombes RNCM95A	3 tb	Cinnamon
	- MM:MK VMXV03A	2 tb	Nutmeg
1	Package of yeast	2 1/2 lb	Flour
1 c	Hot water	1 1/2 lb	Sugar
	Sugar		Grated rind, med. sz orange
10	Very soft bananas	1/4 ts	Salt

Add yeast to hot water ans sprinkle in a little sugar. Cover and let stand to start rising process. Mash bananas throughly in large mixing bowl with yeast. Add cinnamon, nutmeg, flour, sugar, grated orange rind and salt. Mix throughly and let stand overnoght. Mixture will rise and triple in amount. Drop by spoonfuls in deep fat; fry until brown. Serve either hot or cold. May be frozen Makes 36 pastries .(The Congressional Cookbook, Mrs Cyril E. King (wife of the former governor (Virgin Islands)

---------- Recipe via Meal-Master (tm) v7.05

Title: APPLE OATMEAL BREAD
Categories: Breads, Fruits
Servings: 1

1	1/2	c	Sifted flour	1	c Quick oatmeal
	1	ts	Baking powder	1	c Chopped nuts
	1	ts	Baking soda	2	Eggs
	1	ts	Salt	1/4	c Milk
	1	ts	Cinnamon	1/4	c Melted margarine,cooled
	1/2	ts	Nutmeg	2	Apples,cored,coasely shred
	2/3	c	Packed brown sugar		

Preheat oven to 350 F. Lightly grease and flour loaf pan. Sift flour, baking powder, baking soda, salt, cinnamon and nutmeg in large bowl. Stir in brown sugar, oatmeal, and nuts.. Mix eggs, milk and butter in small bowl, add all at once to oatmeal mixture, add apples, stir lightly with fork until liquid is absorbed into mix and it is completely moistened. Spoon into prepared pan. Bake for 1 hour and 5 minutes. Cool in pan on wire rack 10 minutes. Loosen edges with knife, turn out onto rack. Cool completely. Wrap, store overnight.

---------- Recipe via Meal-Master (tm) v7.05

Title: NUTRITIOUS BREAKFAST BREAD
Categories: Breads, Fruits
Servings: 2

	1	c	Flour	1/4	c Chopped walnuts
	1	c	Whole wheat flour	1/2	c Raisins
	1/2	ts	Salt	1/3	c Chopped prunes
	1/2	ts	Baking soda	3	Eggs
	2	ts	Baking powder	1/2	c Oil
	2/3	c	Dry non-fat milk powder	1/2	c Molasses
	1/3	c	Oatmeal	3/4	c Orange juice
	1/2	c	Brown sugar	1	c Mashed banana
	1/2	c	Chopped peanuts		

Preheat oven to 325 F. Combine flour, salt, baking powder, baking soda, milk, oats, sugar, nuts, raisins and prunes in large bowl. Blend with fork. Beat eggs until foamy. Add oil, molasses, juice and bananas. Add mix to dry ingredients. Pour into 2 8x4 greased loaf pans. Bake at 325 F one hou(for muffins, grease tins and fill 2/3 full, bake 350 F for 20 minutes)Cool slightly before removing from pan.You may substitute raw chopped apples, grated carrots, applesauce or grated zucchini for bananas.

---------- Recipe via Meal-Master (tm) v7.05

Title: BAKING POWDER BISCUITS
Categories: Breads, Rolls
Servings: 12

	2	c	Flour	1/2	ts Salt
	3	ts	Baking powder	3/4	c Milk
	1/4	c	Shortening		

Sift dry ingredients into bowl, Cut in shortening until like coarse crumbs. Make a well, pour in milk all at once. Stir quickly with fork just until dough follows fork around bowl, Turn out onto lightly floured work surface.(*dough is soft) Knead gently 10 or 12 strokes. Roll or pat down 1/2 inch thick. Dip cutter in flour. Bake on ungreased sheet at 450 F for 12-15 minutes.

---------- Recipe via Meal-Master (tm) v7.05

Title: CHALLAH BREAD
Categories: Breads, Ethnic
Servings: 1

1	pk Active dry yeast		Egg
1/4	c Warm water(105-115 F)	1	tb Shortening
1/2	c Lukewarm water	2 3/4	c Flour
1	tb Sugar		Egg yolk
1	ts Salt	2	tb Cold water

Dissolve yeast in 115 F water. Stir in lukewarm water, sugar, salt,egg, shortening and 1 1/4 cup flour. Beat until smooth. Mix in remaining flour to make dough easy to handle.Turn dough out on floured work surface, knead until smooth and elastic(5 min) Round up dough in greased bowl, turn over to grease top. Cover, let rise until doubled in bulk, 1 1/2-2 hours. Punch dough down, divide into 3 equal parts. Roll each part into strand 14 inches long.Place strands close together on lightly greased cookie sheet. Braid gently and loosely. Don't stretch. Fasten ends, tuck under securely., Brush braid with shortening. Let rise until doubled in bulk, 40-50 minutes. Beat egg yolk and cold water until blended, brush over braid. Bake at 375 F for 25-30 minutes, or until golden.

---------- Recipe via Meal-Master (tm) v7.05

Title: WHITE BREAD
Categories: Breads
Servings: 1

1/2	c Lukewarm water(110 F)	1	ts Salt
1	pk Active dry yeast	3	c Flour
1/2	c Hot milk		Egg yolk
2	tb Butter	1	tb Milk
1	ts Sugar		

Sprinkle yeast over lukewarm water. Leave 5 minutes. Heat milk, stir in butter, sugar and salt. Cool to room temperature. Combine all ingredients. Knead dough until it becomes smooth and elastic, and put into lightly oiled bowl. Cover and rise 1 1/2 hours, Knead again 5 minutes and shape into loaf. Put dough in buttered and floured pan. Rise 1 hour. Preheat oven to 350 F Brush dough with egg yolk and milk mixture. Bake loaf one hour. Remove from pan.

---------- Recipe via Meal-Master (tm) v7.05

Title: PUMPERNICKLE BREAD
Categories: Breads
Servings: 2

2	pk Active dry yeast	2	c Whole rye flour(100%)
1 1/4	c Warm water	2 1/4	c White flour
2	ts Salt	2	ts Cornmeal
1/3	c Molasses		Egg white
1	tb Caraway seeds	3/4	ts Caraway seed
1	tb Shortening		

Dissolve yeast in water. Add salt, molasses,caraway seed and shortening. Stir Place rye flour and 2 c white flour in small bowl, blend using large spoon. Gradually add flour to liquid mixture. Use hands to blend in flour at end. Add remaining 1/4 white flour, if necessary to make dough easy to

handle. Knead 5-8 minutes on floured work surface until elastic and not sticky. Place in greased bowl, cover and let rise 1-1 1/2 hours. Punch down, divide in two and place on floured surface. Shape each piece into long narrow loaf, about 14 inches long and 1 1/2 inch diameter. Lightly grease inside of French Bread pan. Sprinkle cornmeal in each section. Shake pan to distribute. Place loaves in pan. Make sure loaves do no come any closer than 1 1/2 inch to ends of pan. With sharp knife, make 3-4 diagonal 1/4" deep slashes on the top of each loaf. Brush with egg white, and sprinkle with let over caraway seed. DO NOT COVER! Let rise 30 minutes to double. Bake in preheated 350 F oven for 30-35 minutes. Remove from pan AT ONCE

---------- Recipe via Meal-Master (tm) v7.05

Title: CINNAMON SWIRL BREAD
Categories: Breads
Servings: 2

1	pk Active dry yeast	1/4	c Shortening
1/2	c Warm water	6 1/4	c Sifted flour
2	c Scalded milk,cooled	1/2	c Sugar
1/3	c Sugar	1	tb Cinnamon
2	ts Salt	1 1/2	ts Water

Soften yeast in water. Combine milk, sugar, salt and shortening. Cool to lukewarm. Stir in 2 cups flour. Beat well. Add yeast, mix. Add enough flour to make moderately stiff dough. Turn out onto floured work surface, knead 8-10 minutesuntil smooth and satiny. Shape into ball, place in greased bowl, turn once to grease top. Cover, let rise until doubled in bulk, 1 1/4 hours. Punch down. Cut dough into 2 portions, roll dough to two 15x7 inch rectangles. Combine 1/2 sugar, cinnamon, spread half over each bread. Roll into loaves. Place in greased and floured 9x5x3 inch loaf pans. Cover and let rise until doubled in bulk (60 minutes) Bake in preheated 375 F oven for 30 minutes

---------- Recipe via Meal-Master (tm) v7.05

Title: REFRIGERATOR ROLLS
Categories: Breads, Rolls
Servings: 12

1	pk Active dry yeast	1/4	c Shortening
1/4	c Warm water	1	ts Salt
1	c Scalded milk	3 1/2	c Sifted flour
1/4	c Sugar		Egg

Soften yeast in water. Combine milk,sugar,shortening and salt cool to lukewarm. Add 1 1/2 cups flour, beat well. Beat in yeast and egg. Gradually add remaining flour, beating well. Place in greased bowl, turning once to grease surface. Cover, chill at least 2 hours, or up to 4-5 days. About 2 hours before serving, shape dough as desired on floured work surface. Cover, let rise until doubled in bulk.(1 1/4 hours) Bake on greased baking sheet or muffin pans in 400 F oven for 12-15 minutes

---------- Recipe via Meal-Master (tm) v7.05

Title: TOMATO BREAD
Categories: Breads, Vegetables
Servings: 2

2	c Tomato juice	1	ts Salt
1/2	c Tomato sauce	3/4	ts Oregano

2	tb Olive oil	1/2	ts Dry basil
6 1/2	c Flour	1/4	ts Rosemary
2	pk Active dry yeast	1/4	ts Pepper
3	tb Brown sugar	2	Cloves crushed garlic

Lightly grease large bowl and two loaf pans with olive oil. In small saucepan, heat juice, sauce and 2 tbsp olive oil to 120 F. Combine 3 cups flour with yeast and remaining ingedients. Pour in tomatoe mix and beat 3 minutes. Gradually add remaining flour, mixing by hand, if necessary, until it holds together enough to turn out on floured surface. The dough is quite sticky, and yuou may need to add a little more flour, but not too much, or you will have a dry bread. Knead about 5 minutes, until dough smooths out, place in greased bowl, cover and let rise 1 hour. Punch dough down, let rest 15 minutes, then shape into 2 loaves, and place in pans. Cover pans and let rise 45 minutes.Preheat oven to 375 F Bake loaves 10 minutes, reduce heat to 350 F and bake 30-40 minutes longerBread is done when loaf sounds hollow when thumped with knuckle. Tip loaves out immediately onto wire rack to cool

---------- Recipe via Meal-Master (tm) v7.05

Title: TRADITIONAL SWEET ROLL DOUGH
Categories: Breads, Rolls
Servings: 1

2	pk Active dry yeast	1	ts Salt
1/2	c Warm water	2	Eggs
1/2	c Scalded milk, cooled to luke	1/2	c Butter or margarine, softene
1/2	c Sugar	5	c Flour

Dissolve yeast in water. Stir in milk, sugar,salt eggs,margarine and 2 1/2 cups flour. Beat until smooth. Mix enough flour to make dough easy to handle. Knead 5 minutes. Place in greased bowl, turn greased side up(Dough can be refrigerated 3-4 days) Cover, let rsie until doubled in bulk 2 hours. Punch down and shape into whatever

---------- Recipe via Meal-Master (tm) v7.05

Title: SWEDISH RYE BREAD
Categories: Breads
Servings: 2

1	pk Active dry yeast	1 1/2	c Hot water
1/4	c Warm water	2 1/2	c Rye flour,stirred
1/4	c Brown sugar	3	tb Caraway seed
1/4	c Light molasses	4	c Sifted flour
1	tb Salt	2	tb Grated orange peel(opt.)
2	tb Shortening		

Soften yeast in warm water. In large bowl, combine sugar, molasses,salt and shrotening. Add hot water and stir until sugar dissolves. cool to lukewarm. Stir in rye flour, beat well. Add softened yeast, and caraway or orange peel, mix well. Stir in enough flour to make a moderately stiff dough.Knead on well floured work surface until samooth and satiny (10 minutes) Place dough in greased bowl, turn once to grease top. Cover, let rise until doubled in bulk (2 hours) Punch down. Turn out onto a lightly floured work surface, divide into 2 portions. Shape each into a smooth ball. Cover, let rest 10 minutes. Pat dough in 2 round loaves, place on greased baking sheet. Cover, let rise until doubled in bulk (2 hours) Bake at 375 F for 25-30 minutes. Place foil loosely over tops last 10 minutes. For soft crust, brush with melted butter. Cool on wire racks.

---------- Recipe via Meal-Master (tm) v7.05

Title: KING ARTHUR'S EASY BEST LOAF
Categories: Breads
Servings: 2

1 tb Sugar
1 tb Salt
1 pk Active dry yeast
2 c Warm water
6 c Flour

Mix yeast,sugar,salt and water together. let stand until salt sugar and yeast are dissolved. Gradually add flour to liquid and mix thouroughly, until dough pulls form bowl sides. Turn ontofloured work surfaceand knead 5 minutes, Let dough rest while you grease bowl. Knead dough again 2-3 minutes, Place dough in bowl, turn once to grease top. Cover with damp towel and keep warm until doubled in bulk(1-2 hours) Punch down dough and knead briefly to get out any air pockets. Cut in half, shape into 2 Italian or french style loafs. Put on cookie sheet sprinkled with cornmeal. Rest 5 minutes. Lightly slash tops 3 times diagonally and brush with cold water. Place on rack in cold oven with roasting pan full of boiling water below.Bake 400 F for 30-45 minutes until crust is golden brown and sounds hollow to the touch,

---------- Recipe via Meal-Master (tm) v7.05

Title: FRENCH BREAD
Categories: Breads
Servings: 2

1 pk Active dry yeast
1 1/2 c Water
1 tb Sugar
1 1/2 ts Salt
1 tb Butter
5 c Flour
2 tb Cornmeal

Dissolve yeast in warm water(110 F) Add sugar and salt, butter (melted) and 2 cups flour, Beat with spoon until mixed. Gradually add remaining flour, until dough is easy to handle. Knead on lightly floured work surface 5 minutes, until elastic, not sticky. Cover, let rise until doubled in bulk. Punch down on floured work surface, divide in half. Shape into loaves. Lightly grease French bread oan, put cornmela in and shake to coat all surfaces. Put each loaf into each section. Make sure loaves don't come any closer than 1 inch of end of pan. With sharp knife, make 3 or 4 diagonal slashes on top of loaves. DO NOT COVER.Let rise in warm place until doubled in bulk. Bake in preheated oven (375 F) 25-30 minutes. Remove from pan AT ONCE!

---------- Recipe via Meal-Master (tm) v7.05

Title: PEPPERONI BREAD,PAT MCCLAY'S
Categories: Breads, Cheese/eggs
Servings: 1

1 pk Frozen Bread dough (1 loaf)
1/2 lb Slicing pepperoni
1/4 lb Provolone cheese

Split defrosted loaf in half and roll out to about 8x13 inches. Layer Pepperoni, then provolone on each sheet. Roll up lenghtwise, tucking in ends. Bake 400 F 20-25 minutes .

---------- Recipe via Meal-Master (tm) v7.05

Title: BREAD STICKS

Categories: Breads
Servings: 24

1	pk Active dry yeast	1	c Lukewarm water
1/4	c Warm water	3 1/2	c Sifted flour
1 1/2	ts Salt		Egg white

Soften yeast in water. Combine salt and lukewarm water, beat in 1 cup flour. Blend in softened yeast, stir in 2 1/4 to 2 1/2 cups flour, enough to make a moderatelyu stiff dough. Turn out onto floured work surface, Knead 10-15 minutes, until elastic, Knead in remaining flour. Place dough in lightly greased bowl, turn once to grease top. Let rise until doubled in bulk (60 minutes)Punch down. Let rise until doubled in bulk again.(45 Minutes) Divide into 2 portions. Divide each half dough into 12 equal parts. Roll each piece about 12 inches long and 1/2 inch in diameter. Place 1 inch apart on greased baking sheet and brush with a mix of water, slightly beaten egg white. Let rise uncovered until doubled in bulk(60 minutes) Brush again with egg mix. Sprinkle with salt. Place large shallow pan on lower rack oof preheated 400 F Oven, fill with boiling water. Bake dough at 400 F for 15 minutes. Brush again with egg mix, and bake an additional 10-15 minutes.

---------- Recipe via Meal-Master (tm) v7.05

Title: BANANA BREAD
Categories: Breads, Fruits
Servings: 1

2	tb Shortening	1/2	ts Baking soda
3/4	c Sugar	3	c Flour
1	ts Salt	3	ts Baking poder
1	Egg	2	Mashed bananas
1/2	c Milk		

Mix shrotening, sugar and egg together. Stir in milk. Add dry ingredients and beat until smooth. Fold in bananas, then spoon into a greased loaf pan. Bake for 1 hour, at 350 F, or until brown and firm.

---------- Recipe via Meal-Master (tm) v7.05

Title: BASIC BEER BREAD
Categories: Breads, Quickbreads
Servings: 1

3	c Flour	1	cn Beer
3 3/4	ts Baking powder	1	tb Honeu
2 1/4	ts Salt		

Grease loaf pan. Combine flour, baking powder, salt, beer, and honey in large bowl, stir together until well mixed. Bake in preheated 350 F oven for 45 minutes. Turn on rack and cool.

---------- Recipe via Meal-Master (tm) v7.05

Title: SWEDISH TEA RING
Categories: Breads
Servings: 2

2	CAKES OF YEAST	1	c Milk,scalded, then cooled
1/4	c Lukewarm water	1	ts Lemon rind,grated
1/4	c Shortening	5	c Flour
1/2	c Sugar		Melted butter

1	ts	Salt	Brown Sugar
2		Beaten eggs	Cinnamon

Soften yeast cakes in water. Add shortening, sugar and salt to scalded milk, cool to lukewarm. Add yeast, eggs, rind and enough flour to make a stiff batter. Beat well. Add flour to make a soft dough. Turn out on floured work surface, and knead until satiny. Grease bowl, Put dough in bowl, turn to grease top, Cover and rise until doubled in bulk. Punch down. Shape into 2 retangles about 1/4 inch thick. Brush with melted butter. Sprinkle with brown sugar and cinnamon. Roll like jelly roll, and shape into rings. Place on greased baking sheet, cut with scizzors at one inch intervals, ALMOST through rings. Turn slices slightly. Cover and let rise until doubled. Bake in 375 F oven for 25-30 minutes. Cover with Coffee Cake Icing.

---------- Recipe via Meal-Master (tm) v7.05

Title: WHOLE WHEAT MOLASSES BREAD
Categories: Breads
Servings: 2

2 3/4	c	Whole wheat flour	1/4	c	Brown sugar
1	c	Flour	2	tb	Shortening
2	pk	Active dry yeast	1	tb	Salt
1 3/4	c	Water	1	c	White flour
1/2	c	Dark molasses			

In large bowl, combine whole wheat,white flour and yeast. In saucepan,heat water, molasses, brown sugar, shrotening and salt until warm (115 F), stirring constantly. Add to dry mix in bowl. Beat al low speed 1/2 minutes, scraping sides. Beat 3 minutes high speed. By hand, stir in 1/2-1 cup white flour to make stiff dough. Turn out on light floured work surface, knead until smooth. Shape into ball. Place in greased bowl, turn, cover, let rise until doubled in bulk(1 1/2 hours).Punch down, divide in half. Cover, let rest 10 minutes. Shape into 2 slightly flatten 6 inch balls. Put on greased baking sheet. Cover, let rise until doubled in bulk(45 minutes) Bake at 375 F for 30-35 minutes. For chewy crust, brush each loaf with warm water several times during the last 10-15 minutes of baking. Cool.

---------- Recipe via Meal-Master (tm) v7.05

Title: BABKAS #1
Categories: Breads, Ethnic
Servings: 2

3/4	c	Butter,soft	1	tb	Lemon rind
1/2	c	Sugar	1	c	Milk,room temperature
10		Egg yolks	5 1/2	c	Flour
2	pk	Active dry yeast	1	c	Golden raisins
1/4	c	Warm water			Confectioner's sugar
1	ts	Salt			

In large bowl, cream butter and sugar until light and fluffy. Beat in yolk, one at a time, until pale and fluffy. In small bowl, soften yeast in water,beat in egg mix salt,peel, milk and yeast. Slowly beat in 5 1/2 cups of flour until a soft dough forms. Turn out on lightly floured work surface, knead 8-10 minutes, until smooth and elastic. Knead in raisins. Place in greased bowl. Grease top. Let rise 1 hour, or until doubled in bulk. Punch down, divide in half. Place in 2 greased and floured 8 inch fluted pans, let rise until double in bulk(covered) Bake in 350 F oven 25-30 minutes, or until well browned. Invert on rack. Sprinkle with confectioner's sugar. Tastes better eaten within a couple of days. Two Babkas, 10 servings each.

---------- Recipe via Meal-Master (tm) v7.05

Title: HONEY OATMEAL BREAD
Categories: Breads
Servings: 2

1 1/2 c	Water	2 pk	Active dry yeast
1/3 c	Butter	2	Eggs
1/2 c	Honey	1 tb	Water
6 1/2 c	Flour		Egg white
1 c	Oats,quick cooking		Oatmeal
2 ts	Salt		

Combine water, honey and butter in small saucepan. Heat over low heat until liquids are very warm(120F)Place 5 cups flour, oats, salt and yeast in Bowl. Attach bowl and dough hook. Turn to speed two and mix 30 seconds. Gradually add warm liquids to flour mixture, about 1 minute. Add eggs and mix an additional minute.Continue on speed two, add remaining flour, 1/2 cup at a time, until dough clings to hook and cleans sides of bowl. Knead on speed two for 3-5 minutes longer. Place in greased bowl, turning once to grease top. Cover, let rise in warm place , frr from draft, until doubled in bulk, about 1 hour.Punch down dough and divide in half. Shape each half into a loaf and place in greased loaf pans. Cover, let rise in warm place,free from drafts, until doubled in bulk, about one hour. Combine egg white and water. Brush tops of loaves with mixture. sprinkle with oatmeal, bake at 375 F for 40 minutes. remove from pans immediately, and cool on wire racks. Yields:two loaves.

---------- Recipe via Meal-Master (tm) v7.05

Title: CRUSTY PIZZA DOUGH
Categories: Breads, Main dish
Servings: 1

1 pk	Active dry yeast	2 ts	Olive oil
1 c	Warm water	3 1/2 c	Flour
1/2 ts	Salt		Cornmeal

Dissolve yeast in warm water in warmed bowl. Add salt, olive oil and 2 1/2 cups flour. Attach bowl and dough hook, Turn to speed 2 and mix 2 minutes. Continuing on speed 2, add remaining flour, 1/2 cup at a time, until dough clings to hook and cleans side of bowl. Knead on speed two for 5 minutes.Place in greased bowl, turning to grease top. Cover, let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Punch dough down. Brush a 14 inch pizza pan with oil, sprinkle with cornmeal. Press dough across bottom of pan, forming a collar around edge to hold filling. Top with desired fillings. Bake at 450 F for 15 to 20 minutes. Yield:one 14 inch pizza.

---------- Recipe via Meal-Master (tm) v7.05

Title: FOCACCIA
Categories: Breads, Ethnic
Servings: 35

----------DOUGH----------

1 pk	Active dry yeast	1 1/2 ts	Salt
2 c	Warm water	3 tb	Olive oil
5 1/2 c	Flour		

----------TOPPINGS----------

	Olive oil		Fresh sage,rosemary+thyme

Kosher or sea salt

Sprinkle yeast over 1 cup warm water in large mixer bowl. Stir briefly, the let stand 5 minutes to dissolve. Attach paddle or dough hook to mixer. At low speed,stir in 2 cups flour and salt, beat until smooth.(1 minute) (Or combine ingredients in large bowl and beat vigorously with wooden spoon 2 minutes)Add remaining 1 cup warm water and oil and blend. Add enough flour, 1/2 cup at a time, to make a soft dough that begins to pull away from sides of bowl On lightly floured work surface, knead dough until smooth and elastic, 8-10 minutes. Place in large,lightly greased bowl, turning once to grease top. Cover with kitchen towel and let rise in a warm, draft-free place, until doubled in bulk,1-1 1/4 hours. Remove dough from bowl, and gently knead one minute. Lightly oil a 15x10 1/2 inch jelly-roll pan. Shape dough into 12x8 inch rectangle with rolling pin. Carefully transfer to prepared pan, stretching to gently to edges of pan with fingers. Press top of dough with fingertips, leaving 1/2 inch deep indentations. Cover and let rise 30 minutes. Preheat oven to 425 F. Adjust 1 oven rack to lowest position. Place shallow baking pan on top rack of oven. If using a baking stone, place in cold oven and preheat 30 minutes before baking. Press dough again with fingers, and brush with 1 tablespoon olive oil. Sprinkle with 1 teaspoon kosher salt and 2 tablespoons chopped assorted fresh herbs or 1 teaspoon dried herbs. Just before baking, carefully place 1 cup ice cubes in baking pan on top oven rack and immediately place dough on baking stone, or lowest oven rack. Bake 20-30 minutes, until top is golden and bottom sounds hollow when removed from pan and tapped on bottom. Remove Focaccia from pan and transfer to wire rack. While still warm, brush top with another 2 tablespoons olive oil. Cool. Cut into 5x1 1/2 inch pieces. Makes 35

---------- Recipe via Meal-Master (tm) v7.05

Title: FOUGASSE
Categories: Breads, Ethnic
Servings: 24

--------------------------------FOCACCIA DOUGH--------------------------------
1 tb Cornmeal
1 tb Olive oil
Whole sage leaves
1 ts Kosher salt

Prepare dough as directed for Focaccia. Lightly oil 2 cookie sheets and sprinkle each with 1 tablespoon yellow cornmeal. Divide dough in half, shape each piece into a ball. Stretch each with rolling pin itno 8x4 inch oval. Transfer dough to prepared pans. With small sharp knife, cut 2 1/2 inch slit in center of each oval. Cut 8 more slits in circle around center. With fingertips,carefully stretch dough into 12x9 inch oval. Cover and let rise 30 minutes. Preheat oven to 425 F, and prepare oven as directed with Focaccia.Brush each Fougasse with 1 tablespoon olive oil and decorate each with whole sage leaves. Sprinkle each with 1 teaspoon kosher salt. Bake one pan at a time, 18-20 minutes, until golden. Cool on wire racks. Makes two breads,12 slices each.

---------- Recipe via Meal-Master (tm) v7.05

Title: CINNAMON NUGGETS
Categories: Breads
Servings: 80

1 pk Refrigerated soft breadstick (11 ounces)
Cinnamon Sugar

Preheat oven to 375 F. Unroll dough, cut strips crosswise into 10 pieces. Roll dough in cinnamon sugar. Place on lightly greased baking sheet. Bake at 375 F for 5 minutes. remove from baking sheet immediately. Makes 80 Nuggets To make cinnamon sugar, combine 1 teaspoon ground cinnamon with 3

tablespoons sugar Parmesan Nuggets: Omit cinnamon sugar, roll dough in Parmesan cheese. From the Baltimore Gas and Electric Company Marketing and Energy Service.

---------- Recipe via Meal-Master (tm) v7.05

Title: RHUBARB BREAD
Categories: Breads, Fruits
Servings: 1

1	c	Brown sugar	1	ts	Vanilla
1/2	c	Sugar	2 1/2	c	Flour
2/3	c	Oil	1	ts	Baking soda
2		Eggs	1/2	ts	Nutmeg
1	c	Sour milk	2 1/2	c	Rhubarb,diced
1	ts	Salt			

Mix well and pour into 2 greased 9x5 inch loaf pans. Before baking, top each loaf with 1 tsp melted margarine and sprinklw with 1 tablespoon sugar over each loaf. Bake at 350 F for about 1 hour

---------- Recipe via Meal-Master (tm) v7.05

Title: SAUDI ARABIAN PITA BREAD
Categories: Breads
Servings: 12

1	pk	Active dry yeast	1 1/2	ts	Salt
3 3/4	c	Flour	1 1/4	c	Warm water
1/4	c	Shortening			

In large mixer bowl soften yeast in warm water. Add 2 cups flour, shortening and salt. Beat at low speed of electric mixer for 1/2 minute, scraping bowl. Beat 3 minutes at high speed. Stir in as much remaining flour as you can mix in with a spoon. Turn onto lightly floured work surface. Knead in enough remaining flour to make a moderately soft dough that is smoooth and elastic.(5 minutes) Cover, let rest in a warm place about 15 minutes. Divide into 12 equal partions. Roll each between floured hands into a very smooth ball. Cover with a damp cloth, let rest 10 minutes. Using fingers, gently flatten balls. Cover, let rest 10 minutes.(keep dough pieces covered until ready to use.) On well floured surface lightly roll one piece of dough at a time into a circle 7 inches in diameter, turning dough over once. Do not stretch,puncture or crease dough(Work with enough flour so dough does not stick) Place on baking sheet. Bake rounds, 2 at a time, in a 450 F oven about 3 minutes or until dough is puffed and softly set. Turn over with a spatula, bake about 2 more mintes, or until dough is light brown. Repeat with remaining dough, baking one batch before rolling the next batch. To serve, slice bread crosswise, fill pocket with desired filling Makes 12 rounds. From Avon's International cookbook.

---------- Recipe via Meal-Master (tm) v7.05

Title: PARKER HOUSE ROLLS
Categories: Breads
Servings: 6

1	pt	Milk	2 1/2	pt	Flour
4	tb	Shortening	1	ts	Salt
2	tb	Sugar	1		Yeast cake

Scald milk, cool. Dissolve yeast cake in lukewarm milk, add sugar, 1 1/2

pts. flour, and shortening.
Rise in warm place untill light. Add salt and rest of flour. Knead well. Place in greased bowl, rise untill double in bulk. Roll 1/2 inch thick. Brush with melted butter, fold over. Let rise untill double in bulk. Bake at 400F for 20 minutes.

---------- Recipe via Meal-Master (tm) v7.05

Title: ONION PARMESAN BREAD
Categories: Breads, Vegetables, Cheese/eggs
Servings: 2

1	pk Active dry yeast	4	c Flour
1/4	c Warm water	2	tb Butter
1 1/2	ts Salt	3/4	c Chopped onion
2	tb Soft margarine	2	tb Parmesan cheese
1	Egg, slightly beaten	1	ts Poppy seed (opt.)
1	c Scalded milk	1/2	ts Garlic salt

Dissolve yeast in waterIn large bowl, combine yeast, sugar, salt butter, egg, milk and 2 cups flour. Beat with spoon until mixed. Gradually add flour until dough can be handled. Knead 5 minutes or until elastic. Grease bowl, cover douch with plastic, let rise 1 1/4 hour in warm place. Meanwhile,prepare filling. Melt butter in small saucepan. Add onions, and saute until just tender (5 minutes) Combine cheese, poppy seed,and garlic salt,set both mixtures aside. When dough has risen, punch down, and place on floured work surface. Divide in 2. Roll each piece into a square 12"x12". Spoon half of fillings on each piece of dough. Spread, roll up like jelly roll,seal. Place loaves ,seam side down, on French bread pan. Cover and rise 45 minutes, or until doubled in bulk. Uncover, bake in preheated 350 F oven for 25-30 minutes, until golden. Remove from pan at once

~---- YUM!
FOOD AND WINE CLUB TOPIC: FOOD SOFTWARE TIME: 04/27 8:08 PM

TO: ALL FROM: MARGE NEMETH (GNFK05B) SUBJECT: R-MM BREAD MEGA

---------- Recipe via Meal-Master (tm) v7.05

Title: BOSTON BROWN BREAD (A MUST WITH BAKED BEANS)
Categories: Breads
Servings: 10

1/2	c Flour	3	c Whole wheat flour
3/4	c Sugar	3/4	c Dark molasses
1 1/2	ts Salt	1	Egg
1 1/2	ts Baking soda	2	c Milk
1/2	c Corn Meal	1/2	c Melted shortening

Sift flour, baking soda, sugar, and salt together.
Mix in corn meal and whole wheat flour. Add remaining ingredients, mixing only untill all flour is moistened. Pour into 2 greased 9x5x3 inch loaf pans.
Bake at 300F for 1 hour and 15 minutes. Remove from pans and cool.

---------- Recipe via Meal-Master (tm) v7.05

Title: KILLER BREAD
Categories: Breads, Ethnic, Cheese/eggs, Sourdough
Servings: 4

1 c	Mayonnaise	1 lb	Round sourdough bread
1 c	Parmesan cheese, grated		Butter
1 1/2 ts	Garlic, minced	2 tb	Fresh basil or 2t dried

Preheat broiler. Halve bread horizontally. Mix mayo, parmesan and garlic in large bowl. Arrange bread cut side up on large baking sheet. Butter bread. Broil until crisp and brown. Spread parmesan mixture over cut sides of bread. Broil until to is puffed and golden brown. Sprinkle with chopped basil. Cut bread into wedges and serve. Source: Bon Appetit

---------- Recipe via Meal-Master (tm) v7.05

Title: LIGHT AND FLUFFY WAFFLES
Categories: Breads
Servings: 5

2	EGGS	3/4 c	CHOPPED PECANS (OPTIONAL)
2 1/4 c	MILK	1 1/2 ts	CINNAMON (OPTIONAL)
3/4 c	OIL OR MELTED SHORTENING	2 c	PEL'D & DICED APPLES (OPT'L)
2 1/2 c	FLOUR		CRUMBLED BACON (OPTIONAL)
4 ts	BAKING POWDER	3 tb	COCOA AND
3/4 ts	SALT	2 tb	CHOC CHIPS (OPTIONAL)

In large bowl beat eggs until light. Stir in milk and vegetable oil or melted shortening. Sift together flour, baking powder and salt and add to milk mixture. Stir until smooth. Stir in either pecans, cinnamon, apples, bacon or cocoa and chocolate chips, if desired. Pour batter onto center of hot waffle iron, cover and bake until steaming stops. From *Prodigy's Food and Wine Bulletin Board.

---------- Recipe via Meal-Master (tm) v7.05

Title: BUCHTA (POPPYSEED BREAD)
Categories: Breads
Servings: 7

1	Cake compressed yeast OR	6	Egg yolks
1 pk	Active dry yeast + 1 tsp	1/2 pt	Heavy cream (1 cup)
1 c	Lukewarm milk	6 c	Flour
1/2 lb	Butter(1 cup)	1 ts	Salt
1/2 c	Sugar		

----------FILLING----------

	Melted butter	1/2 c	Sugar
1 1/2 c	Poppyseeds(ground,please)		Vanilla

Soften yeast in lukewarm milk. Cream butter, add sugar gradually, beating until light and fluffy. Add egg yolks, and beat. Add uyeast-milk mixture and heavy cream;blend. Sift together flour and salt and add to egg yolk mixture. Knead until the dough no longer sticks to your hands.(this can be done in a mixer with a dough hook too.)Put the dough in a greased bowl, cover and let rise until doubled in bulk. Divide dough into 7 balls. On a floured surface, roll each ball into a rectangle 1/4" thick. Spread with your favorite filling and roll up as you would a jelly roll. Place the rolls on a greased cookie sheet(1 roll per pan), cover and let rise until doubled. Bake at 325 F for 30 minutes. Filling: After you roll out the dough, brush with melted butter then mix poppyseeds and sugar together and spread over the dough. Drizzle with melted butter to which some vanilla has been added and then roll up. From *Prodigy's Food and Wine Bulletin Board, from Linda Karner.-tnxc18b

---------- Recipe via Meal-Master (tm) v7.05

Title: PENNSYLVANIA DUTCH PRETZELS
Categories: Breads
Servings: 12

4	c Unsifted flour	1	qt Water
1	ts Sugar	3	tb Baking soda
1	pk Active dry yeast		Coarse salt
1 1/2	c Very warm water (120F-130F)		

In large bowl of mixer, mix 1 1/2 cups flour, the yeast, sugar and 1/2 tsp salt. With mixer at low, add 1 1/2 cups very warm water.Beat 3 minutes at medium. Gradually add the rest of the flour. Turn out onto floured board and knead 5 minutes.,Place in a greased bowl, turn greased side up. CVover, let rise 45 minutes to an hour. Punch down, turn out onto board. Roll pieces of dough out into pencil shapeds and knot, forming preztel shape. Cover, and let rise on floured obard for 30 minutes. Boil 1 quart water and the baking soda in a skillet. Put each preztel in the water and simmer 20 seconds. Place on well greased cookie sheet, salt and bake at 400 F for 15 minutes. from *Prodigy's Food and wine Bulletin Board, from Cindy Brescia,-TBPM77B.

---------- Recipe via Meal-Master (tm) v7.05

Title: OLD MILWAUKEE RYE
Categories: Breads
Servings: 2

----------SPONGE----------

1	pk Active dry yeast	2	c Rye flour
1 1/2	c Warm water	2	tb Caraway seed

----------BREAD----------

1	pk Active dry yeast	1	tb Salt
1	c Warm water	1	c Rye flour
1/4	c Molasses	6	c Bread flour
1	Egg	3	tb Butter

SPONGE PREPARATION: Dissolve 1 pk yeast in the warm water. Stir in rye flour and caraway seed. Cover bowl snugly with plastic wrap and let stand for 1-3 days. BAKE DAY PREPARATION: Sprinkle the remaining package of yeast and remaining 1 cup water on the sponge mixture, blend well. Add molasses, caraway seeds,egg,salt and rye flour and 2 cups of the bread flour. Beat until smooth. add butter. Stir in remaining flour and mix well either with your hands or in a mixer with dough hooks. Knead for 5-10 minutes. Put in a greased bowl and let rise until doubled in bulk (about 1 hour) Punch down and let rest 10 minutes. Shape into loaves or put into loaf pans, cover and let rise until doubled. Carefully make slashes on the top of each loaf with a sharp knife or a razor blade, and brush with a beaten egg mixed with a tablespoon of milk. Bake at 375 F for about 40 minutes. this will make 2 large loaves or 3 smaller ones. from *Prodigy's Food and wine Bulletin Board, from Linda Karner,-TNXC18B

---------- Recipe via Meal-Master (tm) v7.05

Title: QUICK RYE-BATTER BUNS
Categories: Breads
Servings: 24

3	c Flour	1	Eggs
2	pk Quick-rising yeast	1	tb Caraway seed
2	c Milk	2	c Rye flour
1/2	c Dark brown sugar		Milk
3	tb Cooking oil		Caraway seed (optional)

1 1/2 ts Salt

1. In a large mixer bowl, combine the flour and yeast.

2. In a saucepan, heat the 2 c milk, brown sugar, oil and salt until warm (120-130 degrees), stirring constantly. Add to the flour mixture. Add the eggs and the caraway seed. 3. Beat the batter with electric mixer on low speed for 30 seconds, scraping sides of bowl. Beat the batter on high speed for 3 minutes. Return to low speed and beat in rye flour. 4. Fill the greased muffin pans half full. cover and let the dough rise until double, about 25 minutes. 5. Bake in 400 degree oven for 10 minutes. Brush the buns with milk. Sprinkle the tops with caraway seed, if desired. Bake for 5 to 10 minutes more or until done. Remove the buns from the pans; cool. Makes about 24. Judy Lausch.-DGSV43A,from *Prodigy's Food and Wine Bulletin Board.

---------- Recipe via Meal-Master (tm) v7.05

Title: ANGEL ROLLS
Categories: Breads, Rolls
Servings: 18

2	pk	Yeast;dry active	4	c	Flour
1/2	c	Oil	1	ts	Salt
2	tb	Sugar	1/2	ts	Soda
1 1/2	c	Buttermilk			

Sift dry ingredients together into a mixing bowl. Add the softened yeast. milk and oil. Beat well. let rise punch down shape into rolls let rise till doubled and bake 350 for 15 to 20 minutes from Diane Lewis-VGWN37A, from *Prodigy's Food and Wine Bulletin Board

---------- Recipe via Meal-Master (tm) v7.05

Title: KAVRINGS
Categories: Breads, Ethnic
Servings: 24

		-Diana Lewis-VGWN37A	4	ts	Baking soda
1	c	Butter	5 3/4	c	Flour
1/2	c	Sugar	10		Cardamon;seeds crushed
1	c	Milk:whole	1/2	ts	Salt
1		Egg			

Method; Cream butter and sugar; add slightly beaten egg, then the milk and lastly the dry ingreidents, which have been sifted together. stir as little as possible. turn the dough out onto a floured board, shape into small buns and bake 10 minutes in hot oven (425) when done cut each roll in half and return to oven. bake in a slow oven(200) till light browned. these rusks are delicious served with hot fruit soup. This is a recipe from grandma cookbook published in
1920

---------- Recipe via Meal-Master (tm) v7.05

Title: SWEDISH SCONES
Categories: Breads, Ethnic
Servings: 12

		-Diana Lewis-VGWN37A	4	c	Flour
1	pk	Yeast	5	tb	Butter
1	c	Milk	1	ts	Salt

3	Eggs	1/2 c	Sugar

METHOD:Dissolve yeast in 1 tbl warm milk with 1 t of sugar. Scald milk, add butter, sugar and salt. When luke warm add to yeast. Add beaten eggs, then add 2 cups flour and beat thoroughly. add rest of flour gradually. Cover and place in ice box over night. Four hours before baking remove from fridge. Divide dough into 4 parts roll each 1/4 inch thick. Brush with melted butter. cut into segments like a pie, roll each strip up begining at wide end and roll to point. Place on greased baking sheet, cover and let rise 4 hours. Bake in moderate oven(350)for 20 minutes or till golden brown. this is from Grandma's cookbook published in 1920

---------- Recipe via Meal-Master (tm) v7.05

Title: CUBAN BREAD
Categories: Breads, Ethnic
Servings: 1

--------------------------------ELAINE TAIT--------------------------------

------------------------------PHILLY.INQUIRER------------------------------

5 c	To 6 cups bread flour aprox.	2 1/2 c	Hot water,120 to 130 degs.
2 pk	Dry yeast		Corn meal
1 tb	Salt		Water
2 tb	Sugar		

Sprinkle the cornmeal on a non stick baking sheet. Place 4 cups of flour in large mixing bowl,add yeast,salt,and sugar.Stir until all are well blended.Pour in the hot water and beat 100 strong strokes or three minutes with mixer dough hook. Gradually work enough of the remaining flour,using fingers if necessary,1/2 cup at a time,that the dough takes shape an no longer sticky. Sprinkle work surface with some of the remaining flour.Place dough on work surface,working in flour as you knead. Keep a dusting of flour between dough and working surface.Knead for 8 minutes by hand or with dough hook of mixer until it feels alive under your hands. Place dough in a greased bowl.Cover with plastic wrap and put in a warm place,80 to 100 degs,until double in bulk,about 15 minutes. Punch down dough,turn it out on work surface,cut into 2 pieces.Shape each piece into a round.Place on non stick baking sheet sprinkled with corn meal.With a sharpe knife or razor slash an x on each loaf:brush with water. Place baking sheets on middle shelf of cold oven.Place a large pan of hot water on shelf below.Heat oven to 400 deg.After 1/2 hour reduce oven to 375 deg.The bread will continue to rise while oven is heating.Bake for a total of 45 minutes.(Timing starts when you turn on the oven.) Loaves should sound hollow when baked.Cool before slicing.Bread will not keepbeyond a day or two,but freezes well and makes excellent toast when old.....

---------- Recipe via Meal-Master (tm) v7.05

Title: PEPPERONI PIZZA BREAD
Categories: Breads, Ethnic
Servings: 2

1 tb	Oil	1 ts	Dried oregano, crumbled
2 lb	Pkg frozen bread dough, thaw	1 ts	Dehydrated onion flakes
1/2 lb	Pepperoni, sliced	1/2 c	Parmesan, grated
1 lb	Mozzarella, grated		Egg, beaten
1 tb	Garlic powder		Sesame seeds
1 ts	Dried basil, crumbled		

Makes 2 loaves. Brush 2 11x17" cookie sheets with oil. Divide dough in half. Roll 1 dough piece out to edges of 1 cookie sheet. Place half of pepperoni slices in crosswise rows on dough, leaving 1/2" borders at ends. Sprinkle with 1/2 mozzarella, 1/2 garlic, 1/2 basil, 1/2 oregano, 1/2

onion. Top with 1/2 parmesan. Starting at short end, roll up jelly roll fashion and turn seam side down on cookie sheet. Brush with egg. Slice crosswise slits in top of dough. Sprinkle with sesame seeds. Repeat with remaining ingredients. Preheat oven 400 deg. Bake until golden, about 25 mins. Slice loaves, serve hot. Can be prepared 1 week ahead. Wrap tightly and freeze. Thaw before baking. Source: Bon Appetit

---------- Recipe via Meal-Master (tm) v7.05

Title: BAGELS
Categories: Breads
Servings: 12

1 pk Active dry yeast
1/3 c Warm water
1 ts Salt
4 c All-purpose flour
2 tb Sugar
1 c Milk
1 Egg; beaten with a little - water for glaze
Coarse salt, or poppy seeds

Sprinkle the yeast over the warm water, stir, and let dissolve. Put the salt, flour, and 4 teaspoons of the sugar in the bowl of a food processor equipped with the dough blade. Pulse the mixture several times to mix it well. (This action aerates the ingredients. Combine the yeast mixture and milk in a measuring cup. With the motor running, pour the mixture through the feed tube. Knead until the mixture balls together and is no longer sticky, about 60 seconds. Lightly flour a large plastic bag, place the dough in it, squeeze out the air, and close the end of the bag with a twist tie. Let the dough rise until doubled, about 45 minutes. Punch it down. (At this point, the dough can be refrigerated for up to 4 days. Bring it to room temperature before proceeding.) Let the dough rest for 10 minutes. Pull off pieces of dough to form 12 2-inch balls. Poke a finger through the ball, making a hole the size of a golf ball. With your fingers, shape the bagel evenly. Put the bagels on a tray or cookie sheet, cover them with oiled plastic wrap, and let them rise until puffy, about 30 minutes. Preheat the oven to 400F. Bring 4 quarts of water to the boil in a wide pot. Add the remaining 2 tsp of sugar. Poach the bagels, 3 or 4 at a time, for 30 seconds. Turn them and poach for 30 seconds more. Remove them with a slotted spoon, let them drip briefly on a towel held under the spoon, and place them 1 inch apart on baking sheets. Brush each bagel with a little of the egg glaze. (At this point you may sprinkle on coarse salt, or poppy or sesame seeds). Bake until golden, about 15 minutes. Let cool on racks.

---------- Recipe via Meal-Master (tm) v7.05

Title: GARLIC BUBBLE LOAF
Categories: Breads
Servings: 6

3 c Flour
1 pk Instant dry yeast
1 tb Sugar
1 ts Salt
1/2 c Milk
1/2 c Water
2 tb Shortening
1 Egg
1/4 c Butter; melted
1 ts Paprika
1/2 ts Garlic powder
1 tb Sesame seed

In lg. mixer bowl, combine 1 1/2 c. flour, yeast, sugar and salt; mix well. In saucepan heat milk, water and shortening until warm (shortening does not need to melt); add to flour mixture. Add egg. Blend at low speed until moistened; beat 3 minutes at med. speed. By hand, gradually stir in remaining flour to make a soft dough. Knead on floured surface 25-30 strokes. Divide dough into 12 parts; shape into balls. Combine melted butter, paprika and garlic powder; mix well. Dip balls into butter mixture; place in greased 9x5" loaf pan, using 6 balls on each layer. Sprinkle with seame seed. Cover; let rise in warm place until light and doubled, about 45

minutes. Bake at 375 for 40-45 minutes, until golden brown. Remove from pan; serve warm. This is a one-rise, garlic bread in a pull-apart bubble loaf. Makes 1 loaf. From *Prodigy's Food and Wine Bulletin Board.

---------- Recipe via Meal-Master (tm) v7.05

Title: LANGOS- HUNGARIAN FRIED BREAD
Categories: Breads, Ethnic
Servings: 4

200	g	Flour	1	tb	Oil
2		Cooked, baked potato,mashed	1	ts	Sugar
1/2	ts	Salt	1	c	Milk, lukewarm
1	pk	Active dry yeast	1	c	Oil, to fry

Let the yeast grow in 1/2 cup of lukewarm sweetned milk for 10 minutes. Add mixturte to the flour. Add one tablespoon of oil. Add the mashed potatoes. Add salt. Add as much warm milk as needed to make a soft bread dough. Work the dough well, for at least 15 minutes, until smooth. On a warm place let it rise for one hour(or until doubled in bulk) Make little balls from the dough and then flatten them in your hand by pulling it to the size of a large saucer. fry then in hot oil. Toppings: Sour cream, or grated cheese, or Feta cheese with fresh dill and sour cream. Or if you like sweet toppings, mashed strawberries with whipped cream, or vanilla custard, or apple sauce,etc. Posted on *Prodigy's Food and Wine Bulletin Board by Janos Korda (DNPM90C)

---------- Recipe via Meal-Master (tm) v7.05

Title: EPISCOPALIAN BANANA BREAD
Categories: Breads, Fruits
Servings: 1

1 1/2	c	Flour	1/4	c	Brown sugar
3	ts	Baking powder	3/4	c	Oatmeal
1/3	c	Oil	1/2	ts	Baking soda
2	ts	Cinnamon	1/4	c	Milk
1/2	c	Sugar OR	2	c	Mashed bananas
2		Eggs, well beaten			

Mix everything in one bowl and stir it up. In greased and floured bread pan, cook at 350 F for 50-60 minutes. This is really better if left to sit overnight before eating, it's almost too moist to eat right away. From *Prodigy's Food and Wine Bulletin Board,from Cheryl Lawson - SBKR68A

---------- Recipe via Meal-Master (tm) v7.05

Title: BAHAMA BREAD
Categories: Breads, Fruits
Servings: 8

		Tmbg12a	1/3	c	MILK
2	c	FLOUR	1	ts	LEMON JUICE OR
1	ts	BAKING SODA	1/2	ts	VANILLA EXTRACT
1/2	ts	SALT	1/2	c	CHOPPED NUTS; OPTIONAL.
1/2	c	BUTTER	2		Bananas; mashed
1	c	SUGAR			Banana; could use four
2		EGGS			

PREHEAT OVEN TO 350 COMBINE FLOUR, BAKING SODA, AND SALT IN A BOWL. CREAM THE BUTTER IN A MIXING BOWL. GRADUALLY ADD THE SUGAR AND MIX TO WELL BLENDED. ADD THE EGGS AND THE BANANA MIX UNTIL WELL BLENDED. COMBINE THE

MILK AND LEMON JUICE IN A LARGE BOWL. ALTERNATELY MIX THE FLOUR MIXTURE INTO THE BANANA MIXTURE. ADD A LITTLE AT A TIME, BEGINNING AND ENDING WITH THE DRY INGREDIENTS. BLEND WELL AFTER EACH ADDITION. ADD NUTS. TURN THE BATTER INTO A HEAVILY BUTTERED 9 X 5 X 3 INCH LOAF PAN. BAKE FOR ONE HOUR OR UNTIL BREAD IS GOLDEN AND SPRINGS BACK WHEN TOUCHED. COOL IN PAN FOR TEN MINUTES. TAKE BREAD OUT OF PAN AND COOL COMPLETELY. Reformatted by Elaine Radis. From *Prodigy's Food and Wine Bulletin Board.

---------- Recipe via Meal-Master (tm) v7.05

Title: BOSTON BAKED BROWN BREAD
Categories: Breads
Servings: 8

2 c	Buttermilk*	1 c	Whole wheat flour
1 c	All-purpose flour	2 ts	Baking soda
1 c	Cornmeal	1 c	Raisins
3/4 c	Molasses		

* (or 2 C milk and 1 T lemon juice) Beat all ingredients in large mixing bowl for 2 minutes on medium speed. Pour into greased angel food pan. (I use a Bundt pan.) Bake in 325 F oven for 1 hour. ENJOY!! FROM: BETSY JONES (BXNJ15B) Reformatted by Elaine Radis

---------- Recipe via Meal-Master (tm) v7.05

Title: WARM SPRINGS FRIED BREAD
Categories: Breads
Servings: 6

3 c	Sifted all-purpose flour	1 ts	Salt
1 tb	Butter	2 tb	Melted butter
2 ts	Baking powder	1 ts	Sugar
3/4 c	(to 1c) Warm milk		Fat for deep frying

Combine dry ingredients; cut in butter. Add enough warm milk to make a soft dough, easy to handle. Knead on floured board until dough is very smooth and soft but elastic. Do not use a lot of extra flour. Divide dough into 6-8 balls and brush the tops with melted butter. Cover and let stand 30-45 minutes. Pat out each ball into a round, 5 or 6 inches in diameter and 1/4 inch thick. Fry in deep fat (preheated to 365 degrees). Dough should rise immediately to surface. Cook until brown on one side, turn, and brown on other side being careful to not pierce crust. Drain on absorbent paper and serve hot. Mrs. Bernard Mahon

---------- Recipe via Meal-Master (tm) v7.05

Title: WHOLE WHEAT BATTER BREAD
Categories: Breads
Servings: 1

8 c	Whole wheat flour	3 tb	Soya flour
4 tb	Honey-molasses	3 c	Corn oil
3 tb	Wheat germ	3 pk	Yeast
3 1/2 c	Very warm water	2 tb	Salt

This recipe is for 2 loaves of bread. If one loaf is desired, use 2 packages yeast instead of 3 and cut all other ingredients in half. Wheat germ and soya flour may be omitted. Put flour in oven to warm, at lowest heat. In a VERY large bowl, dissolve yeast in 3/4 cup of very warm water. Add honey to yeast. Coat loaf pans well with margarine and flour. Add oil, 2-1/2 cups warm water, and 2T salt yeast. Add about 4c flour mixture and

beat at medium speed for 2 minutes. Gradually add more flour, beating well. Dough should be sticky - if runny, add more flour. Put in pans, smoothing top and making sure dough is pushed into corners. Cover with hot, wet towel and let rise in warm place. Check bread in about 20 minutes and keep checking to be sure dough doesn't rise over lip of pan. When dough has risen ALMOST to lip of pan, bake at 450 degrees for about 40 mins. Remove from pan immediately and cool on rack. Mrs. William W. LaViolette

---------- Recipe via Meal-Master (tm) v7.05

Title: CORN LIGHTBREAD
Categories: Breads, Vegetables
Servings: 1

2	c	Cornmeal	
1	c	All purpose flour	
1/2	c	Sugar	
1	ts	Baking soda	
1	ts	Salt	
2	c	Buttermilk or sour milk	
3	tb	Oil or bacon drippings	

Combine dry ingredients; blend in milk and oil. Spoon into lightly greased 9" X 5" loaf pan. Let stand 10 minutes. Bake at 375 degrees for 35-40 mins; let cool 5 mins before removing from pan. Mrs. William LaViolette

---------- Recipe via Meal-Master (tm) v7.05

Title: CRANBERRY NUT BREAD
Categories: Breads, Quickbreads, Holidays, Fruits
Servings: 1

-PATRICIA AUCH (XRTH38B)

2	c	Flour; sifted	
3/4	c	Orange juice	
1	c	Sugar	
1	tb	Orange rind; grated	
5 1/2	ts	Baking powder	
1	c	Cranberries; chopped	
1	ts	Salt	
1/2	ts	Baking powder	
1/4	c	Walnuts; chopped	
1/4	c	Shortening	
1	tb	Flour	
1		Egg; beaten	

Sift together 2C. flour; sugar, baking powder, salt and baking soda in a bowl. Cut in shortening until mixtuore resembles coarse meal. Combine egg, o.j. and orange rind in small bowl. Add to fry ingredients all at once; stir just till moistened.

Combine cranberries, walnuts, and 1 tblsp. flour; stir into batter. Pout inyo greased and waxed-paper-lined 9x5x3" loaf pan.

Bake in 350F oven 1 hour or until bread tests done. Cool in pan on rack 10 minutes. Remove from pan; cool on rack.. Makes 1 loaf.

Formatted by Elaine Radis

---------- Recipe via Meal-Master (tm) v7.05

Title: Sweet Bread, Portuguese FBFJ97A
Categories: Breads, Hawaii
Servings: 2

1/4	c	Water; warm	
1	c	Milk; scalded and cooled	
3/4	c	Sugar	
1	ts	Salt	
3		Eggs	
1/2	c	Margerine	
5	c	Flour	
1		Eggs	
2	pk	Yeast	
1	ts	Sugar	

* DISSOLVE YEAST IN WARM WATER IN A LARGE BOWL. STIR IN MILK, 3/4 CUP SUGAR, SALT, 3 EGGS, MARGERINE, AND 3 CUPS FLOUR. BEAT UNTIL SMOOTH. STIR IN REMAINING FLOUR (MAY NEED UP TO A CUP MORE THAN CALLED FOR) UNTIL YOU HAVE A EASILY MANAGABLE DOUGH. * TURN OUT DOUGH ON FLOURED SURFACE; KNEAD 5 MINUTES. PLACE IN GREASED BOWL; TURN GREASED SIDE UP; COVER AND LET RISE 1 1/2 TO 2 HOURS. * PUNCH DOWN DOUGH AND DIVIDE IN TWO. SHAPE EACH INTO A ROUND, SLIGHTLY FLAT LOAD.

PLACE EACH LOAF IN ROUND LAYER PAN (9X10 1/2 INCHES) THAT HAS BEEN GREASED. COVER AND LET RISE UNTIL DOUBLE (ABOUT 1 HOUR). HEAT OVEN TO 350 DEGREES.

BEAT 1 EGG SLIGHTLY AND BRUSH OVER LOAVES. SPRINKLE WITH 1 TSP. SUGAR. BAKE UNTIL LOAVES ARE GOLDEN BROWN (35-45 MINUTES). MAKES 2 LOAVES.

---------- Recipe via Meal-Master (tm) v7.05

Title: Coco-Carmel Toast
Categories: Breakfast, Breads, Kids
Servings: 4

-CYGNUS, HCPM52C & C.MINEAH

2 tb Brown sugar
2 tb Flaked coconut
1 tb Soft butter or margarine
4 sl White, whole wheat, or -raisin bread

1. Heat oven to 325 degrees.
2. Mix brown sugar, flaked coconut, and soft butter in bowl.
3. Toast slices of bread. Spread with the brown sugar mixture. Place on ungreased cookie sheet.
4. Bake in 325 degree oven for 10 minutes.

Source: The Betty Crocker Cookbook for Boys and Girls

---------- Recipe via Meal-Master (tm) v7.05

Title: Log Cabin Toast
Categories: Breakfast, Breads, Kids
Servings: 1

-CYGNUS, HCPM52C & C.MINEAH

1/4 c Sugar
2 ts Cinnamon
2 sl White or whole wheat bread
Soft butter or margarine

1. Mix sugar and cinnamon in custard cup
2. Toast slices of bread. Spread with soft butter. Sprinkle with sugar-cinnamon mixture.
3. Cut each slice of toast into 4 strips. Put them together on plate like stacked logs to make the walls of a log cabin. Start from the top and eat all the logs.

Source: Betty Crocer cookbook for Boys and Girls

---------- Recipe via Meal-Master (tm) v7.05

Title: BEATEN BISCUITS
Categories: Colonial, Breads, Biscuits
Servings: 24

----------OLD FARMER'S ALMANAC----------

----------COLONIAL COOKBOOK-YANKEE----------

2 c Flour
1 ts Salt
1/3 c Shortening
Milk

Sift flour with salt and cut shrotening in thoroughly. Add enough milk to make stiff dough. Work dough for 20 minutes on floured board by beating dough with mallet or rolling pin, folding it, then beating and folding agin over and over until the dough is blistered and pops. roll of 1/3 inch thick and cut with 2-inch round cutter. prick with fork. Bake on ungreased cooke sheet for about 15 minutes at 400 F. Makes approximately 2 dozen.

---------- Recipe via Meal-Master (tm) v7.05

Title: Apple-Nut Bread
Categories: Apples, Breads
Servings: 20

----------LORELI AGUDA WSKD49A----------

2	c Sugar	1	c Salad oil
4	Eggs, beaten	1/4	c Commercial sour cream
4	c All purpose flour	2	c Apples, peeled and chopped
2	ts Baking soda	1	c Pecans, chopped
1	ts Salt	1	ts Vanilla

Gradually add sugar to eggs; beat until light and fluffy. Combine dry ingredients; add to sugar mixture alternately with oil and sour cream, beating well after each addition. Stir in apples, pecans and vanilla. Spoon batter into 2 greased and floured 9x5x3 inch loaf pans. Bake at 350~ for 1 hour or until toothpick inserted in center comes out clean. Let cool in pans 5 minutes; turn out on wire racks to finish cooling.

---------- Recipe via Meal-Master (tm) v7.05

Title: Fresh Apple Bread
Categories: Apples, Breads
Servings: 10

----------LORELI AGUDA WSKD49A----------

1	c Sugar	1	ts Baking soda
1/2	c Shortening	1	c Broken pecan pieces
2	Eggs, beaten	1 1/2	tb Buttermilk
1	c Tart apples,ground or grated	1/2	ts Vanilla
2	c All purpose flour, sifted	3	tb Sugar
1/2	ts Salt	1	ts Cinnamon

Cream sugar and shortening; add eggs and apples. Sift dry ingredients together. Mix with sugar mixture; add pecans. Stir in buttermilk and vanilla. Pour into greased 10x6x3 inch loaf pan. Mix sugar and cinnamon; sprinkle over top. Bake for 1 hour at 350~.

---------- Recipe via Meal-Master (tm) v7.05

Title: Apple Butterscotch Muffins
Categories: Apples, Breads, Muffins
Servings: 18

----------LORELI AGUDA WSKD49A----------

3	c Self rising flour	1/3	c Salad oil
1/4	c Sugar	6	oz Butterscotch chips
2	Eggs, beaten	1	c Apples, peeled and diced
1 1/2	c Milk		

Combine flour and sugar. Combine remaining ingredients; add all at once to flour mixture, stirring only until flour is moistened. Fill greased muffin cups 2/3 full. Bake at 425~ for 20 to 25 minutes, or until golden brown.

---------- Recipe via Meal-Master (tm) v7.05

Title: Apple Pan Bread
Categories: Apples, Breads, Bars
Servings: 9

----------LORELI AGUDA WSKD49A----------

1	c	All purpose flour, sifted	1		Egg
2 1/2	ts	Baking powder	1/4	c	Soft vegetable shortening
1/2	ts	Salt	1/2	c	Sugar
1/4	c	Sugar	1/2	ts	Cinnamon
2	c	Raisin bran flakes	2	c	Cooking apples, pared and -thinly sliced
2/3	c	Milk			

Sift together flour, baking powder, salt and 1/4 cup sugar. Set aside. Combine bran flakes and milk, add egg and shortening; beat well. Add sifted dry ingredients; stir only until blended, but do not beat. Spread in a greased 8x8x2 inch pan. Mix together 1/2 cup sugar and 1/2 ts cinnamon. Dip apple slices in mixture; arrange on top of batter. Sprinkle any remaining sugar mixture over apple slices. Bake at 400~ about 30 minutes. Cut in squares and serve warm.

---------- Recipe via Meal-Master (tm) v7.05

Title: Apple-Cheese Bread
Categories: Apples, Breads, Cheese
Servings: 10

----------LORELI AGUDA WSKD49A----------

1/2	c	Shortening	1/2	ts	Salt
1/2	c	Sugar	2	tb	Milk
2		Eggs	3/4	c	Rolled oats, uncooked
1 1/2	c	All purpose flour, sifted	1	c	Raw apples, finely chopped
1	ts	Baking powder	2/3	c	Cheese, coarsely grated
1	ts	Baking soda	1/2	c	Nut meats, chopped

Beat shortening until creamy; gradually add sugar. Add eggs; beat well. Sift together flour, baking powder, soda and salt. Add to egg mixture with milk and stir only until blended. Add oats, apples, cheese and nut meats, all at once. Stir lightly. Batter will be very stiff. Place in greased pound loaf pan. Bake at 350~ about 50 minutes.

---------- Recipe via Meal-Master (tm) v7.05

Title: Apple-Dapple Loaf
Categories: Apples, Breads
Servings: 10

----------LORELI AGUDA WSKD49A----------

1/4	c	Shortening	1	ts	Soda
2/3	c	Sugar	1	ts	Salt
2		Eggs	2	c	Raw apples, grated
2	c	All purpose flour	1/2	c	Nuts, chopped
1	ts	Baking powder			

Beat shortening, sugar and eggs together until light and fluffy. Sift dry ingredients together; add alternately with grated apples. Add nuts. The batter will be stiff. Turn into greased and floured loaf pan. Bake at 350~ for about 1 hour.

---------- Recipe via Meal-Master (tm) v7.05

Title: Autumn Apple Bread
Categories: Apples, Breads
Servings: 10

----------LORELI AGUDA WSKD49A----------

1/4	c	Shortening	1	ts	Salt
2/3	c	Sugar	2	c	Apples, coarsely grated, -peeled raw
2		Eggs, beaten			
2	c	All purpose flour, sifted	1	tb	Grated lemon peel
1	ts	Baking powder	2/3	c	Nuts, chopped

Cream shortening and sugar until light and fluffy; beat in eggs. Sift next 4 ingredients. Add alternately with apples to egg mixture. Stir in lemon rind and nuts. Bake in floured, greased 9x5x3 inch loaf pan in preheated 350~ oven for approximately 40 to 50 minutes. Cool before slicing.

---------- Recipe via Meal-Master (tm) v7.05

Title: Mini Corn Muffins with Smoked Turkey
Categories: Appetizers, Martha s, Entertain, Tvg, Breads
Servings: 36

-Martha Stewart Hors d'

1 1/2	c	Yellow cornmeal	3/4	c	Butter, melted, cooled
1	c	Flour, sifted all-purpose	2		Eggs, slightly beaten
1/3	c	Sugar	1/2	lb	Smoked turkey breast, -thinly sliced
1	tb	Baking powder	1/2	c	Cranberry relish -or honey mustard
1	ts	Salt			
1 1/2	c	Milk			

Preheat oven to 400 degrees. Butter mini-muffin tins. Combine cornmeal, flour, sugar, baking powder and salt in large bowl. Mix milk, butter and eggs together in medium bowl. Stir milk mixture into cornmeal mixture until just moistened. Spoon batter into mini muffin tins. Bake until golden, 14-16 minutes. Let cool on wire rack for five minutes. Remove from pans and let cool completely. To serve, put a small amoung of smoked turkey on a sliced muffin that's been spread with cranberry relish or honey mustard. Formatted by Theresa Grant, HWWK11B, From Martha Stewart Entertaining.

---------- Recipe via Meal-Master (tm) v7.05

Title: CHOCOLATE MINT BREAD
Categories: Breadmaker, Breads, Chocolate
Servings: 15

1	pk	Yeast	1 1/2	ts	Salt
2 1/2	c	Better for Bread flour	1	tb	Vegetable oil
1/2	c	Wheat flour	2	tb	White Creme de Menthe
1	tb	Gluten	1	c	Very warm water;+ 1 tb.
1/4	c	Instant nonfat dry milk	1	c	Mint-chocolate morsels
3	tb	Sugar			

Add all ingredients (EXCEPT CHOCOLATE MORSELS) into the pan in the order listed. Select white bread and push "Start." Add the chocolate at the "beep," 88 minutesinto the cycle. (33 minutes with Dak Turbo II) For a funtastic dessert or sweet treat,spread quarter-round slices with cream cheese blended with the syrup from green maraschino cherries plus a few drops of mint extract, then top with a halved cherry. Shared by Barb Day

---------- Recipe via Meal-Master (tm) v7.05

```
      Title: BEER BREAD
 Categories: Breads
   Servings:  8

      3 c  Flour, unsifted                    1 tb Honey
  3 3/4 ts Baking powder                     12 oz Beer
  2 1/4 ts Salt
```

Grease 9x5x3" loaf pan. Combine flour, beer, and honey in large bowl, stir together until well mixed.
Spread batter in prepared pan. Bake at 350f for 45 min or until browned and a wooden pick comes out clean. Turn out on rack. Cool before slicing.

---------- Recipe via Meal-Master (tm) v7.05

```
      Title: APPLESAUCE TEA BREAD
 Categories: Breads
   Servings: 20

  2 1/2 c  White flour                        1 tb Cinnamon
      2 ts Baking powder                      8 oz Applesauce
    1/2 ts Salt                               1    Egg
    1/2 c  Sugar                              1 c  Skim milk
```

Mix the dry ingredients together and add the applesauce, then the egg and milk. Pour into nonstick loaf pan and bake at 350F for 50 min. Remove and cool.
Cal: 77 (slice); Fat: 1/10g.

---------- Recipe via Meal-Master (tm) v7.05

```
      Title: BATTER ROLLS
 Categories: Breads
   Servings: 18

      1 ts Granulated sugar                 1/4 c  Shortening
    1/2 c  Warm water                         2 ts Salt
      1 pk Dry yeast                          2    Egg
  1 1/2 c  Milk                           3 3/4 c  Flour
    1/4 c  Granulated sugar
```

Disolve 1 tsp sugar in warm water in lrge bowl.
Sprinkle in yeast. let stand 10 minutes, then stir well. Combine milk, 1/4 cup sugar, shortening and salt in saucepan. Heat until lukewarm and shortening is melted. Stir well. Add to yeast mixture. Add 2 3/4 cups flour and beat vigorously with wooden spoon or electric mixer until smooth. Gradually stir in remaining 1 c flour. Batter will be soft. Cover with tea towel. Let rise in warm place until doubled about 1 hour. Stir down dough and let stand 10 minutes.
Fill greased muffin cups 1/2 full. Let rise until doubled 45 minutes. Bake at 375 degrees for 20-25 minutes or until golden. Turn out of pans immediately. Serve warm and cool. Makes about 18 rolls.

---------- Recipe via Meal-Master (tm) v7.05

```
      Title: BROWN SEED BREAD
 Categories: Breads
   Servings:  1

      2 c  Flour, all purpose                 1 tb Baking powder
      1 c  Whole wheat flour              1 1/2 ts Baking soda
```

1 c	Natural bran	1 ts	Salt
1 c	Quick cooking rolled oats	1/4 c	Liquid honey
2 tb	Sesame seeds	2 c	Plain yogurt
2 tb	Poppy seeds		

In large bowl, combine all-purpose and whole wheat flours, natural bran, rolled oats, sesame and poppy seeds, baking powder, baking soda and salt; stir in honey. Add enough of the yogurt to make sticky dough. Knead lightly in bowl until dough is well blended. Fit dough into one greased 9x5 in. (2L) loaf pan. Bake in 375F oven for 40 min., or until tester comes out clean.

---------- Recipe via Meal-Master (tm) v7.05

Title: CHEDDER CHEESE CASSEROLE BREAD
Categories: Breads
Servings: 2

1 ts	Sugar	1	Egg beaten
1 c	Warm water	4 c	Flour
1 pk	Dry yeast	2 c	Shredded sharp chedder
1 c	Warm milk	1 tb	Salt
2 tb	Butter		

Dissolve sugar in warm water in large mixer bowl.
Sprinkle in yeast. Let stand 10 minutes, then stir well. Stir in warm milk, butter and beaten egg.
Combine 2 cups flour, cheese and salt. Stir well to blend. Add flour cheese mixture and beat with electric mixer on medium speed for 5 minutes. Add remaining flour, beating well with wooden spoon.
Cover and let rise in warm place until doubled (about 45 minutes). Stir down and turn into two well greased 1 quart casseroles. Let rise until doubled (about 30 minutes). Bake at 375 degrees for 30-40 minutes.
Remove from casseroles immediately and cool on wire racks. Makes 2 round loaves.

---------- Recipe via Meal-Master (tm) v7.05

Title: MOLASSES BROWN BREAD
Categories: Breads
Servings: 4

2 1/2 c	Whole-wheat flour	1 c	Raisins; mixed dark & light
1 1/2 c	Wheat germ	2 ts	Baking soda
1/3 c	Brown sugar	1 7/8 c	Buttermilk
1/2 ts	Salt	1/3 c	Molasses

Preheat oven to 325 degrees F. Grease a 9 X 5 X 3-inch pan. Combine flour, wheat germ, brown sugar, salt and raisins in a mixing bowl. Mix well. In a second mixing bowl, mix baking soda, buttermilk and molasses, using a wooden spoon. This misture will start to bubble. Immediately mix it into the dry ingredients. Spoon the batter into the greased pan.
Bake at once. The bread is done when a toothpick comes out clean, about 1 hour. Turn out of the pan and cool on a wire rack. Makes 1 loaf.

---------- Recipe via Meal-Master (tm) v7.05

Title: MINIATURE FRENCH BREAKFAST PUFFS
Categories: Breads, Rolls
Servings: 42

1/3 c	Soft shortening/butter mix	1/3 c	Butter, melted

1/2 c	Sugar	1 1/2 ts	Baking powder
1/4 ts	Nutmeg	1/2 c	Sugar
1	Egg	1/2 ts	Salt
1/2 c	Milk	1 ts	Cinnamon
1 1/2 c	Sifted flour		

Heat oven to 350 degrees. Grease bottoms of 48 small muffin cups. Mix shortening, 1/2 c sugar, and egg thoroughly. Sift together flour, baking powder, salt and nutmeg. Stir flour mixture and milk alternately into sugar/shortening mixture. Fill greased muffin cups 2/3 full. Bake 15 minutes or until golden brown. Dip immediately in melted butter, then in mixture of cinnamon/sugar. Serve hot. Makes 3-1/2 to 4 dozen. Mrs. James Hopkins

---------- Recipe via Meal-Master (tm) v7.05

Title: FUNNEL CAKE
Categories: Breads
Servings: 8

-JAN CARGILL-VHPK03A

2 c	Flour	1/2 ts	Salt
1 ts	Baking powder	2	Eggs
		1 1/2 c	Milk.

----------D----------

Mix the ingredients together: Heat cooking oil in a deep fryer or skillet until very hot. Put batter into a funnel (be sure to cover the spout with one finger), then, holding the funnel over the hot oil (use extreme caution when cooking with hot oil), release some of the batter in circular motions to form one funnel cake. The funnel cake will rise quickly and expand, so be careful about how much batter you use for the first one until you get the "feel" for cooking it. Cook to a light golden brown on both sides, then remove from the oil and place on paper towels to drain.. Sprinkle with powdered sugar and serve while still warm! Mmmm, mmm, good" ** This was in the "Heloise" column last May.. Hope it is what you are looking for: **This is word for word from her column: Enjoy Jan / Maine 08/18 09:54 am

---------- Recipe via Meal-Master (tm) v7.05

Title: PARMESAN CROUTONS
Categories: Cheese/eggs, Breads
Servings: 2

1	Slice Whole Wheat Bread	1 tb	Grated Parmesan Cheese
1 tb	Butter Or Margarine		

Trim crust from bread. Cut bread slice into quarters, making squares. Diagonally cut each square in to halves, making triangles. Arrange bread triangles in a shallow baking dish or pie plate. Micro-cook, uncovered, on 100% power for 1 to 1 1/2 minutes or till the bread is dry. Remove the bread from the microwave oven. In a custard cup micro-cook butter or margarine, uncovered, on 100% power for 40 to 50 seconds or till melted. Drizzle over bread triangles.
Sprinkle with grated parmesan cheese.

---------- Recipe via Meal-Master (tm) v7.05

Title: BERMUDA BANANA BREAD
Categories: Breads, Fruits
Servings: 6

1/2	c	Butter or margarine	2	c	Flour
1	c	Brown sugar	1	ts	Baking soda
2	x	Eggs	1	ts	Salt
1	c	Mashed bananas	1/2	c	Chopped walnuts
1	ts	Vanilla			

Cream butter and sugar. Gradually add eggs, then bananas and vanilla. Fold in dry ingredients that have been sifted together. Add nuts. Bake in buttered loaf pan, at 350 degrees, for 1 1/4 hours or until loaf tests done. Cool in pan for 10 minutes and then turn out to cool completely.

---------- Recipe via Meal-Master (tm) v7.05

Title: WW CINNAMON ROLLS
Categories: Ww, Low-cal, Breads
Servings: 10

10	oz	Buttermilk Biscuits, Refrig. ^^(10 biscuits in "tube")	1/2	c	Raisins; dark
			2	tb	Raisins; dark
5	ts	Margarine; melted	5	ts	Powdered sugar; sifted
5	ts	Brown sugar; packed, divided	2	ts	Water
1	ts	Cinnamon			

Preheat oven to 400 F. Spray 8x8x2 inch baking pan; set aside. Separate biscuits; using fingers, flatten each into 3" circle. Brush each circle with an equal amount of the margarine, sprinkle each with 1/4 t brown sugar and an equal amount of cinnamon, then top each with 1T raisins. Roll each circle jelly-roll fashion and arrange in two rows, seam side down, in sprayed pan. Bake until rolls are puffed and golden brown, 8-12 minutes. Transfer pan to wire rack and lets rolls cool in pan. In small bowl or cup combine remaining 2 1/2 t brown sugar and the powdered sugar, add water, 1 t at a time, stirring constantly until mixture is smooth and syrupy. Remove rolls to serving platter, brush each with an equal amount of sugar mixture. Makes 10 servings of 1 roll each. Each serving provides: 1 BREAD, 1/2 FAT, 1/2 FRUIT and 20 OPTIONAL CALORIES. Per serving: 143 calories, 5 g fat. Source: WW Favorite Recipes (1986). Hard to eat just one!!

---------- Recipe via Meal-Master (tm) v7.05

Title: TSOUREKI
Categories: Breads, Ethnic
Servings: 1

-Diana Lewis-VGWN37A

----------GREEK EASTER BREAD----------

1/2	ts	Salt	1		Egg yolk;with 1 T water
2		Eggs	1/4	c	Sugar
1	ts	Vanilla	1/4	c	Butter
1	pk	Yeast;dry active	1/2	c	Milk
1 1/2	ts	Lemon peel;grated	3	c	Flour;all purpose
5		Eggs;hard boiled colored at			

In pan add salt,sugar, butter,and milk warm to 125 in a lg bowl combine 1 c flour with yeast add warm milk mixture, eggs,vanilla, and lemon peel. Beat low speed for 5 minutes then with a spoon beat in the rest of the flour to make stiff dough knead for 20 minutes let rise 45 minutes punch down and divide into 3 equal parts roll into ropes place in greased baking sheet. Th braid at evenly spaced intervals press colored eggs into dough cover let ri 30 minutes press eggs in again if necessary. Brush egg yolk mixture over braid do not touch eggs with yolk bake 350 for 25to35 minutes till golden brown cool on rack. dough can be made in BM. Greek Easter bread wraps around colorful hard cooked eggs. The greeks favor bright red eggs- but

because the dye seeps into the dough, you may prefer pastel shades that tinge it less.

---------- Recipe via Meal-Master (tm) v7.05

Title: JO GOLDENBERG'S BAGELS
Categories: Breads
Servings: 12

3/4 pt	Warm water	1 tb	Sugar
2	Envelopes dry yeast	1	Egg white; beaten
1 1/2 oz	Sugar		Salt; -=OR=-
1/2 oz	Salt		-Sesame, Poppy -=OR=-
3 1/2 c	Bread flour		-Caraway seeds
2 qt	Boiling water		- (optional)

This is the bagel recipe taught at the New York Cooking School.

PREHEAT OVEN TO 450F. Mix yeast, 1 1/2 ounces sugar and warm water. Let stand 2-or-3 minutes. Mix 2 cups flour and the salt and add to the yeast mixture. Add remaining 1 1/2 cups flour. Knead for 5 minutes, adding flour if dough sticks to the table. Bagel dough should be firm. Place dough in a clean, greased bowl. Cover and let rise until double. Bring water to a boil and add 1 tablespoon sugar. Divide dough into 12 pieces and shape each into a ball. Allow the dough to relax 3-to-4 minutes. Flatten with your palm. With your thumb, press deep into the center of the bagel and tear open with your fingers. Pull the hole open. Place bagels on a sheet and cover for about 10 minutes. Put 2-or-3 bagels at a time into simmering water for about 45 seconds, turning once. Drain and place on greased baking sheets. Brush with beaten egg white and sprinkle with salt, sesame, poppy or caraway seeds. Bake for 35 minutes, turning over when bagels are light brown. Bagels are done when they are brown and shiny. Cool on a rack. PETER KUMP - PRODIGY GUEST CHEFS COOKBOOK

---------- Recipe via Meal-Master (tm) v7.05

Title: STRAWBERRY BREAD
Categories: Breads, Fruits
Servings: 5

1 1/2 c. flour	2 eggs, well beaten
1/2 tsp salt	1/2 c. oil
1/2 tsp soda	10 oz frozen strawberries
1/2 tbsp cinnamon	1/2 c chopped nuts
1 c sugar	

Combine flour, salt, soda, cinnamon and sugar. Make a well in center of dry ingredients. Add eggs and oil stirring only until dry ingredients are moistened. Stir in strawberries and pecans. Spoon batter into lightly greased 9 x 5 x 3 inch loaf pan. Bake 350 degree oven for 1 hour.

---------- Recipe via Meal-Master (tm) v7.05

Title: MAPLE SYRUP AND BROWN SUGAR BANANA BREAD
Categories: Breads
Servings: 1

----------LISA CRAWLEY TSPN00B----------

1 c	Brown Sugar; dk or light	1/8 c	Milk
1/2 c	Margarine	2 c	Flour
2	Eggs; unbeaten	1 ts	Baking Soda
1 c	Ripe Bananas; mashed	1/2 ts	Baking Powder

1/8 c	Maple Syrup	1/8 ts	Salt

Cream sugar with butter. Add and mix the next 3 ingred. Sift and add the dry ingred. and mix thoroughly. Put mixture in 6x10 greased loaf pan. Bake 40-45 min. in 350 oven. Sift some confectioners' sugar on bread when cooled.

---------- Recipe via Meal-Master (tm) v7.05

Title: JELLO ROLLS
Categories: Breads
Servings: 48

	Mary Bowles DNSR31A	1 ts	Sugar
2 c	Boiling Water	6 c	Flour (about)
2 tb	Butter	1 ts	Salt
1/4 c	Sugar	1/4 c	Lukewarm Water
2 pk	Dry Yeast		

----------FILLING----------

1 pk	Red Jello--dry	1/4 c	Butter, melted
1 c	Pecans	3/4 c	Sugar

----------GLAZE----------

1 c	Powdered Sugar	1 1/2 ts	Milk

Mix boiling water, butter, 1/4 cup sugar, salt. Cool to lukewarm. Put yeast in lukewarm water. Add 1 tsp. sugar. Mix with cooled butter mixture. Mix half of flour, 1 cup at a time, in electric mixer. Blend well. By hand, stir in enough remaining flour to make dough. Knead into a smooth ball. Cover and let rise until double in bulk. (May refrigerate overnight at this point if you want these for breakfast). Roll dough 1/8 inch thick. Cover with melted butter. Mix jello and sugar and sprinkle over. Sprinkle nuts on top. Roll up as for jelly roll. Cut into 1/2 inch slices and place on well buttered pan, well apart.
Let rise until double, about 1 hour. Bake at 400 degrees for 20 minutes. Mix glaze and drizzle over hot rolls.

---------- Recipe via Meal-Master (tm) v7.05

Title: HONEY "RISIN" BREAD
Categories: Breads
Servings: 12

	Mary Bowles DNSR31A	1/4 c	Sugar
1 pk	Yeast	1 3/4 c	Flour
3 tb	Warm Water	1 ts	Baking Powder
1 ts	Sugar	1/2 ts	Ginger
1 1/3 c	Honey	1/2 ts	Cinnamon
1/4 c	Butter; softened	1/2 ts	Nutmeg
3	Eggs; beaten	1/4 ts	Salt

Mix yeast, water and 1 teaspoon sugar. Let set 15 minutes or until foamy. Heat 1 cup honey to boil. Pour in bowl and cool 3 minutes. Add butter and beat smooth. Beat eggs and sugar until lemony colored and add honey butter and yeast. Stir in 3/4 cup flour. Sift together 1 cup flour, baking powder, spices and salt. Add to honey mixture and mix well. Turn into well-buttered and floured loaf pan and bake at 350 degrees for 50 minutes. Cool in pan for 10 minutes. Turn onto rack and brush with 1/3 cup honey.

---------- Recipe via Meal-Master (tm) v7.05

Title: SAVORY BREAD STICKS
Categories: Breads, Quickbreads
Servings: 8

Mary Bowles DNSR31A
1 lg Pkg Day-old Hot Dog Buns
1 c Butter; melted
2 tb Italian Seasonings
1 ts Garlic Powder
1 ts Paprika
1/2 ts Cayenne Pepper or to taste

Slice hot dog buns into fourths lengthwise. Dip bread in melted butter and arrange on a large baking sheet. Mix spices and sprinkle over bread sticks. Bake at 350 degrees for 20 minutes or until crunchy, but not brown. Serve hot or cold. Let cool well before covering. Stores well in air-tight containers. This was invented by a friend to use up left-over buns from a weiner roast, but it is too delicious to wait for left-overs. It is great with stew, spaghetti, or by themselves for snacks!

---------- Recipe via Meal-Master (tm) v7.05

Title: POPEYE'S BISCUITS
Categories: Breads, Rolls
Servings: 12

-JEANNETTE DABBS (RFNR19B)
4 c Pioneer biscuit mix
8 oz Sour cream
6 oz 7-up

Cut sour cream in biscuit mix, add 7-up. Roll on floured surface. Cut or shape with hands . Bake 6 -8 mins @ 400`.

Delicious!!!! Hope this will become a favorite of yours.

Formatted by Elaine Radis BGMB90B; JANUARY, '93

---------- Recipe via Meal-Master (tm) v7.05

Title: PISKOTA FANK-(HUNGARIAN DOUGHNUTS WITH CREAM)
Categories: Breads, Doughnuts
Servings: 1

----------THE ART OF HUNGARIAN COOKING----------

----------FANK----------
1/2 lb Sweet butter
4 Whole eggs
5 tb Sugar
1 Yeast cake dissolved in
1/2 c Warm milk
4 Egg yolks
5 tb Sour cream
2 c Flour
1 Egg

----------CREAM MIX----------
1/2 pt Milk
4 Egg yolks
2 tb Sugar

Beat butter until creamy, beat in 4 whole eggs, beat in 4 egg yolks, add sugar and sour cream, add flour and the yeast mixutre. Beat until smooth, set aside to rest and rise until doubled in size. Place on board that has been dusted with flour. Roll out to 3/4 inch thickness, cut with doughnut cutter. Put in greased pan, lat raise 40 minutes. Brust top with beaten egg. Bake in 350 F oven for 1/2 hour.
For cream mix; cook milk, egg yolks and sura over low heat, in double boiler until mixture is smooth. Stirring all the while, cool and pour over doughnuts and serve.
From " The Art of Hungarina Cooking"- put out by St. Emery's School Building Fund, Fairfield. Ct.-1955

---------- Recipe via Meal-Master (tm) v7.05

Title: FARSANGI FANK- HUNGARIAN PLAIN DOUGHNUTS
Categories: Breads, Doughnuts
Servings: 1

------------------------THE ART OF HUNGARIAN COOKING------------------------

3	c Flour	1/4	c Milk
1/2	ts Salt	1/8	lb Sweet butter, melted
1	tb Sugar	2	Yeast cakes (dissolved in
5	Egg yolks		-1/4 cup warm milk)

Sift the flour and salt into bowl, add yeast mixutre, add egg yolks and melted butter slowly ot flour mixutre. Beat with wooden spoon until smooth and dough falls off the spoon, this dough should be rather soft. Put dough on lightly floured board. Roll to 1/2 inch thickness. Cut with round cookie cutter, that has been dipped in flour. Put in warm place to rise until doubled in size. Fry in deep fat until light brown. Sprinkle with powdered sugar.
from "The Art of Hungarian Cooking"- put out by St. Emery's School Building Fund- Fairfield Ct- 1955

---------- Recipe via Meal-Master (tm) v7.05

Title: BASIL & SAGE BREAD
Categories: Breads, Wine
Servings: 1

-------------------------------PATTI - VDRJ67A-------------------------------

1	Yeast; dry; envelope	1/4	ts Sage; crumbled dried
1	c Water; warm (105-115~)	1/2	c Dry white wine
5 1/2	c All purpose flour	1 3/4	ts Salt
1/4	c Olive oil	1/4	ts Pepper; freshly ground
4	ts Basil; crumbled dried	1/2	c Water; warm (105-115~)

(Makes 2 baguettes.) Sprinkle yeast over 1 cup water in bowl of heavy-duty electric mixer; stir to dissolve. Let stand 5 minutes. Thoroughly mix in 1 1/2 cups flour. Sprinkle 1/2 cup flour over dough. Cover with towel. Let rise in warm draft-free area until doubled, about 1 1/2 hours. Heat oil in heavy small skillet over low heat. Add basil and sage and stir until aromatic, about 1 minute. Cool. Blend 1 cup flour, oil mixture, wine, salt and pepper into dough, using dough hook. Slowly add remaining 1/2 cup water. Stir in 2 1/2 cups flour 1/2 cup at a time. Knead dough in mixer until smooth and resilient, about 10 minutes, adding more all purpose flour if sticky. Grease large bowl. Add dough, turning to coat entire surface. Cover bowl. Let dough rise in warm draft-free area until doubled, about 1 1/4 hours. Grease two baking sheets. Punch dough down. Divide in half. Form each piece into 14-inch-long loaf. Place on prepared sheets, seam side down. Let rise in warm draft-free area until almost doubled, about 1 hour. Preheat oven to 400~. Slash tops of loaves with sharp knife. Bake until breads sound hollow when tapped on bottom, about 50 minutes. Cool on wire racks before serving.

---------- Recipe via Meal-Master (tm) v7.05

Title: PORTUGUESE SWEET BREAD
Categories: Breads
Servings: 1

-------------------------------PATTI - VDRJ67A-------------------------------

3	Yeast; fresh cakes	6	Eggs; room temperature

1/2 c	Water;warm (105-115~)	1 c	Sugar
1 c	Milk	c	All purpose flour; sifted
1/2 c	Butter; cut into pieces	2 tb	Butter; melted
2 ts	Salt		

Crumble yeast cakes into large bowl. Stir in water. Let mixture stand until foamy, about 5 minutes. Scald milk. Add butter and salt and stir until butter melts. Cool to lukewarm. Using electric mixer, beat eggs until frothy. Add sugar and beat until creamy, about 3 minutes. Blend in milk mixture. Stir into yeast mixture. Stir in 7 cups flour 1 cup at a time; dough should be soft and pull away from sides of bowl. Turn dough out onto well-floured surface, sprinkle with 1 cup flour and knead until smooth and elastic, adding up to 1 cup more flour as necessary to prevent stickiness, about 10 minutes. Grease large bowl. Add dough. turning to coat entire surface. Cover and let rise in warm draft-free area until doubled in volume, about 2 hours. Punch dough down. Let rest 10 minutes. Grease two 9-inch round cake pans. Divide dough in half. Press each half into pan. Cover and let rise in warm draft-free area until doubled in volume, about 1 hour. Preheat oven to 350~. Bake until loaves are golden brown and sound hollow when tapped on bottom, about 30 minutes. Brush tops immediately with melted butter. Serve warm. Makes 2 loaves.

---------- Recipe via Meal-Master (tm) v7.05

Title: CSOROGE-HUNGARIAN CRISPY CRULLERS
Categories: Breads, Doughnuts
Servings: 1

----------THE ART OF HUNGARIAN COOKING----------

6	Egg yolks	1 tb	Vinegar
1 ts	Salt	2 1/2 c	Flour
2 tb	Sugar	1/2 c	Sour cream
1 ts	Brandy		

Add all or enough of flour to egg yolks and sour cream to make a soft dough. Add sugar, salt, brandy and vinegar. Knead until smooth. Roll out very thin. Cut into diamond shapes. Make a slit in center and pull one end through slit. fry in deep fat until light brown. Drain on absorbent paper. Sprinkle generously with powdered sugar.
From " The Art of Hungarian Cooking"- from St. Emery's School Building Fund- Fairfield Ct. - 1955
Formatted for MM7 by Marge Nemeth

---------- Recipe via Meal-Master (tm) v7.05

Title: PICKLE JUICE RYE
Categories: Breads, Vegetables
Servings: 2

	Frances Nossen (SWTK50B)	1	EGG, LARGE,ROOM TEMP
	From Bread in Half the Time	2 ts	SALT
3 c	FLOUR, BREAD	1 tb	DILL WEED, DRY
3 pk	YEAST, DRY	1 1/2 c	FLOUR, MEDIUM RYE
1 c	BRINE, SOUR DILL	1 1/2 ts	CARAWAY SEEDS
3/4 c	WATER, 120 DEGREES	*****	GLAZE:
2 tb	CRISCO	1	EGG
2 tb	SUGAR	1 tb	MILK

COMBINE BREAD FLOUR AND YEAST IN MIXER BOWL. ADD PICKLE BRINE (AT LEAST AT ROOM TEMP) AND MIX. ADD REMAINING INGREDIENTS AND MIX, ADDING MORE BREAD FLOUR
AS NEEDED UNTIL DOUGH CLEANS SIDE OF BOWL. LET RISE UNTIL DOUBLE IN BULK. PUNCH DOWN AND KNEAD FOR A FEW SECONDS. LET DOUGH REST FOR 10 MINUTES. GREASE YOUR LARGEST BAKING SHEET WITH CRISCO. FORM DOUGH INTO A BALL AND

PLACE ON BAKING SHEET. MAKE A FEW PARALLEL SLITS IN THE TOP, BRUSH WITH THE GLAZE,
AND SPRINKLE WITH ADDITIONAL DILL WEED IF DESIRED. LET RISE UNTIL DOUBLE IN BULK. BAKE ABOUT 50 MINUTES @ 375 OR UNTIL LOAF SOUNDS HOLLOW WHEN TAPPED. COOL ON RACK. FOR CHEWIER CRUST, BRUSH WITH WATER WHILE STILL HOT.

---------- Recipe via Meal-Master (tm) v7.05

Title: Garlic Monkey Bread Ring *
Categories: Breads
Servings: 1

------------------------------PATTI - VDRJ67A------------------------------

1	pk Active dry yeast	1/4 c	Butter or margarine; melted
1	c Water; warm (105~ - 115~)	1	lg Garlic clove; minced
1	ts Sugar	1	ts Dried parsley
1	ts Salt	1/4	ts Salt
2 1/2	c To 3 c all purpose flour	1/8	ts Fresh ground black pepper

In mixing bowl, dissolve yeast in water. Add sugar. Stir to dissolve. Let stand 3-5 minutes or until yeast bubbles. Add salt. Slowly stir in flour. After half the flour is added, beat until very smooth and satiny. Then stir in enough flour to make a stiff dough. Turn out onto lightly floured boars. Cover and let rest about 10 minutes. Knead about 5 minutes until smooth and satiny. Place dough in a bowl that has been greased. Turn dough over. Cover and let rise for 1 hour or until doubled. Meanwhile, in small bowl, mix melted butter, garlic, parsley, salt and black pepper. Turn risen dough out onto counter. Cut in walnut sized pieces. Dip into butter mix. Place into buttered 10" ring mold (1-1/2 qt size). Make even layer. Let rise about 1 hour or until doubled. Bake at 375~ for 25-30 minutes or until golden.

---------- Recipe via Meal-Master (tm) v7.05

Title: Tomato Barbecue Rolls *
Categories: Breads, Rolls
Servings: 12

------------------------------PATTI - VDRJ67A------------------------------

2	c To 2 1/2 cups unbleached - all purpase flour	1	pk Active dry yeast
1	tb Sugar	3/4	c Tomato juice (good quality)
1/2	ts Seasoned salt	1/4	c Water
1/2	ts Italian seasoning	2	tb Butter or margarine
1/8	ts Pepper	1	ts Instant minced onion

In medium bowl, mix 1 cup flour, sugar, seasoned salt, Italian seasoning, pepper and yeast. In small saucepan, heat the tomato juice, water, butter and onion, until warmed (butter need not be melted). Add to dry ingredients. Beat at medium speed of mixer for 2 minutes. Add 1/2 cup more flour. Beat at high speed for 2 minutes. Stir in enough to make a soft dough that clears the bowl. Turn out onto lightly floured surface. Knead 5-10 minutes or until smooth and elastic. Put into greased bowl, turning to grease top. Cover dough lightly with plastic wrap. Let rise in warm (85~) area for 30 minutes or until doubled. Punch down. Shape dough into 12 even balls. Arrange 6 on each of 2 greased baking sheets. Flatten with hand to 1/2" thickness. Let rise for 20 minutes or until light. Bake at 350~ for 20 minutes or until golden. Remove to wire rack to cool.

---------- Recipe via Meal-Master (tm) v7.05

Title: San Francisco Sour Dough Bread *

Categories: Breads
Servings: 2

----------PATTI - VDRJ67A----------

----------STARTER----------

1	pk Active dry yeast	2	c All purpose flour
2	c Water; warm (105~-115~)		

----------DOUGH----------

1	pk Active dry yeast	2	ts Sugar
2	tb Water; lukewarm	2	ts Salt
	pn Sugar	1/2	ts Baking soda
1 1/2	c Water; warm (105~-115~)	2	c Unsifted all purpose flour
1	c Starter	1	tb Cornmeal
4	c All purpose flour		

STARTER: In large bowl mix yeast with warm water and flour. Beat until smooth. Cover and let stand at room temperature for 48 hours, stirring mix 4 times during the 2 days.

DOUGH: In a cup soften yeast in warm water with a pinch of sugar for 5 minutes. Pour 1-1/2 cups warm water into mixing bowl. Stir in the yeast mix and starter. Stir in flour, sugar and salt. Mix vigorously for 3 minutes. Turn into greased bowl. Cover. Let rise in warm place until doubled. Mix baking soda with 1 cup remaining flour. Add to dough. Turn onto floured board. Knead, adding remaing flour little by little until smooth and satiny. Divide dough in half. Shape into 2 loaves on a gresed and cornmeal dusted baking sheet. Cover. Let rise until doubled. Brush loaves with water. Slash diagonally with sharp knife. Place a shallow pan of hot water in bottom of oven. Bake loaves at 400~ for about 45 minutes or until crust is golden. For a crisper crust, remove loaves from oven after 35 minutes. Brush with salted water. Bake for another 10 minutes.

TIP: Store starter in refrigerator for future use. Bring to room temperature for 4 hours before using.

---------- Recipe via Meal-Master (tm) v7.05

Title: Honey Whole Wheat Bread or Dinner Rolls *
Categories: Breads, Rolls
Servings: 1

----------PATTI - VDRJ67A----------

1	pk Active dry yeast	1/4	c Lard; melted
1 1/2	c Water; warm (105~-115~)	2	c Whole wheat flour
2	Eggs	4	c All purpose flour;
1/4	c Honey		- to 4 1/2 cups
2	ts Salt		

Dissolve yeast in the water in large mixing bowl. Let stand 5 minutes. Stir in eggs, honey, salt and cooled, melted lard. Add whole wheat flour. Stir well. Add all purpose flour gradually, beating to make a smooth lump-free batter. Continue adding flour until stiff dough forms. Turn out onto lightly floured board and kneed for 10 minutes. Place dough into bowl to rise. Cover lightly with plastic wrap. Let rise in warm place (85~) until doubled, about 1-1/2 hours. Turn dough out onto oiled board. Shape into 2 loaves or 24 dinner rolls. Place loaves into lightly greased sheets. Let rise until doubled. Bake at 375~ for 40-45 minutes for loaves, 15-20 minutes for dinner rolls.

---------- Recipe via Meal-Master (tm) v7.05

Title: Herbed Ring Bread *
Categories: Breads, Ready-rolls

Servings: 1

------------------------------PATTI - VDRJ67A------------------------------

1/2	c	Butter or margarine; melted	
1/3	c	Green onions; chopped	
1/4	ts	Dried oregano	
1/2	ts	Dried tarragon	
1	tb	Parsley; chopped	
		Garlic salt	
2	cn	Refrigerator biscuits	

Melt butter in saucepan. Add onions, oregano, tarragon, parsley and garlic salt to taste. Cut each biscuit in half lengthwise. Dip each piece in the butter-herb mix. Layer in 5-cup ring mold. Drizzle any remaining butter over the top. Bake at 375~ for 30-40 minutes or until bread is a deep golden brown. Unmold and serve immediately.

---------- Recipe via Meal-Master (tm) v7.05

Title: Quick Parsley-Garlic Rolls *
Categories: Breads, Rolls
Servings: 12

------------------------------PATTI - VDRJ67A------------------------------

1	lb	Loaf frozen bread dough	
		Flour	
3	tb	Butter or margarine; melted	
1		Garlic clove; minced	
		Dried parsley leaves	

Thaw frozen bread at room temperature about 2-3 hours. Place on lightly floured surface and with a knife dipped into flour, cut the loaf in half lengthwise. Then cut each half into 6 or 7 pieces. Roll out each piece to about 1/4" thickness. Combine melted butter and garlic, mixing well. Brush dough with the mixture. Lightly sprinkle with the parsley leaves. Roll up each piece jelly-roll fashion. Place, end up, into lighlty oiled muffin tins. Set in warm place to rise for 1 to 1-1/2 hours or until doubled. Bake at 400~ for 12-15 minutes or until rolls are golden brown.

---------- Recipe via Meal-Master (tm) v7.05

Title: Herb Crusted Parmesan Bread *
Categories: Breads
Servings: 1

------------------------------PATTI - VDRJ67A------------------------------

1	lb	Loaf frozen bread dough	
		Butter or margarine; melted	
		Flour	
3	tb	Parmesan cheese	
1	ts	Dried chevril leaves	
1/2	ts	Caraway seeds	

Brush frozen loaf with melted butter to prevent surface from drying. Cover and thaw at room temperature for 2-3 hours. Cut dough into thirds. On lightly floured surface, roll each portion into a long strand. Braid strands. Coil braid into a spiral on greased baking sheet. Brush with more melted butter. Sprinkle with cheese, chevril and caraway seeds. Let rise about 1 hour in warm place, until doubled. Bake at 375~ for 25-30 minutes or until golden brown. Remove from pan. Cool on rack.

VARIATIONS: Sprinkle bread with mix of 2 tbls dried minced onions, 1 tsp dried rosemary and 1/2 tsp dried thyme and 1/2 tsp marjoram.

A second variation is to mix 1/2 cup grated cheddar cheese and 1-1/2 tbls poppy seeds into the dough before rolling the strands.

Can really do almost anything you want with herbs and spices and this bread.

---------- Recipe via Meal-Master (tm) v7.05

Title: Peanut Butter Loaf *

Categories: Breads, Sweet bread
Servings: 1

----------PATTI - VDRJ67A----------

4	c	Flour	2		Eggs; well beaten
1/3	c	Sugar	1 3/4	c	Milk
2	tb	Baking powder	1	tb	Grated lemon rind
1	ts	Salt	1	tb	Lemon juice
1	c	Chunky peanut butter	1/2	c	Peanuts; chopped (opt)

In mixing bowl, combine the flour, sugar, baking powder and salt. Cut in peanut butter with pastry blender or use food processor; blend until mix resembles coarse crumbs. In separate bowl, mix the eggs and milk. Add lemon rind, lemon juice and peanuts, if used. Stir into flour mix only until blended. Pour batter into greased 9x5" loaf pan. Bake at 350~ for 1 hour or until tested done. Remove from pan to wire rack to cool. Wrap and store overnight before serving.

---------- Recipe via Meal-Master (tm) v7.05

Title: Swiss Cheese Gougere *
Categories: Breads, Cheese
Servings: 1

----------PATTI - VDRJ67A----------

1	c	Water		ds	Pepper
1/4	c	Butter or margarine	1	c	All purpose flour
1	ts	Oregano	4		Eggs
1/2	ts	Salt	1	c	Swiss cheese; shredded

In 2 qt saucepan, combine water, butter, oregano, salt and pepper. Bring to a roiling boil. Stir until butter is melted. Add flour, all at once. Stir to make a thick ball of dough that clings together. Beat in eggs, one at a time. Beat until dough is satiny smooth. Mix in cheese. Generously grease a baking sheet. Spoon 6 mounds of dough onto sheet in a ring formation, close enough so that they touch each other. Bake at 375~ for 55-60 minutes or until golden brown. Serve hot with sweet butter. For breakfast serve with jam or preserves.

---------- Recipe via Meal-Master (tm) v7.05

Title: Extra Good Cheese Bread
Categories: Breads, Cheese
Servings: 1

----------PATTI - VDRJ67A----------

2	tb	Butter or margarine	1/4	c	Oil
1/2	c	Onion; minced	1/2	c	Milk
1 1/4	c	All purpose flour	1/2	c	Cottage cheese
2	ts	Baking powder	1/2	c	Cheddar cheese; grated
3/4	ts	Salt	1	tb	Poppy seeds
1		Egg; lightly beaten			

Melt butter in skillet. Add onion. Saute until tender. Stir together flour, baking powder and salt. Blend egg, oil and milk. Stir into flour mixture, blending lightly. Stir in cottage cheese and sauteed onions. Turn into buttered 9" round cake pan. Sprinkle with cheddar cheese and poppy seeds. Bake at 425~ for 25 minutes or until golden brown. Serve hot, cut in wedges.

---------- Recipe via Meal-Master (tm) v7.05

Title: Rosemary-Olive Focaccia
Categories: Sun-dried, Breads
Servings: 4

-Waldine Van Geffen VGHC42A
1 lb Frozen bread dough; thawed
3 tb Olive oil
1 tb Fresh rosemary; minced or
1 ts Dried rosemary
3/4 c Parmesan
6 Kalamata olives; pit,quarter
4 Oil-pk dried tomatoes; drain -cut in strips
2 lb Cloves garlic; thinly sliced
Fresh rosemary sprigs; opt

Preheat oven to 450~. Place dough in bowl. Add 1T oil and minced rosemary. Season generously with pepper. Knead dough until ingredients are dombined. Roll dough out on lightly floured work surface to 9x6" rectangle. Transfer to baking sheet. Flatten and press dough into 12x9" rectange. Rub 1 T oil over. Sprinkle 1/2 C Parmesan over; press gently into dough. Bake until bread is almost cooked through and cheese begins to brown, about 12 minutes. Arrange olives, tomatoes and garlic atop bread. Sprinkle enough remaining Parmesan over to cover lightly. Drizzle remaining 1 T olive oil over. Top with rosemary sprigs. Continue baking until cheese melts and bread is cooked through, about 5 minutes. Cut into squares or wedges and serve. (wrv)

---------- Recipe via Meal-Master (tm) v7.05

Title: POPPY SEED OATMEAL BREAD
Categories: Breads
Servings: 16

1 c Flour, all purpose
1 c Flour, whole wheat
1 1/4 c Oatmeal, quick-cooking
1 tb Baking powder
1/4 ts Salt
2 ts Poppy seeds
1 1/2 c Buttermilk
1/4 c Honey, liquid
1 Egg
1 ts Butter, melted

In large bowl, combine all-purpose and whole wheat flours, oatmeal, baking powder, salt and poppy seeds.
In separate bowl, whisk together buttermilk, honey and egg. Add all at once to dry ingredients; mix quickly, just until combined. Spoon batter into greased 8 x 4 in (1.5L) loaf pan. Brush top with melted butter. Bake in 350F (180C) oven 45 to 50 minutes or until cake tester inserted in centre of loaf comes out clean. Let cool 5 minutes in pan.
Turn out onto wire rack.

---------- Recipe via Meal-Master (tm) v7.05

Title: SWEET POTATO BISCUITS
Categories: Breads, Vegetables
Servings: 1

1 c Flour
1 c Sweet potatos, cooked/mashed
Salt
2 1/2 ts (to 3) baking powder
3 tb Sugar (or more, to taste)
1/4 c Shortening

Sift dry ingredients. Add shortening and potato and mix thoroughly. Knead dough; cut with biscuit cutter (you may need more flour, as dough is sticky). Bake in 400 degree oven 12 to 15 minutes. Mrs Harold T. Cook

---------- Recipe via Meal-Master (tm) v7.05

Title: BISQUICK MIX
Categories: Breads, Mixes

Servings: 13

-Diana Lewis-VGWN37A
9 c All-purpose flour
1/3 c Double-acting baking powder
1 tb Salt
1 ts Cream of tartar
1/4 c Sugar
2 c Shortening; like crisco

sift baking powder, salt, cream of tarter, sugar with flour 3 times. Cut in shortening until mix is consistency of cornmeal store in covered containers and store at room temp. (I put the shortening in my fresser for 30 minutes then put it in the processor with the flour works great. Formatted by Diana Lewis

---------- Recipe via Meal-Master (tm) v7.05

Title: GINGERBREAD-BISQUICK
Categories: Breads, Mixes
Servings: 1

-Madeline Whalley BWPG01A
1 c Bisquick; mix
1/4 ts Cinnamon
1/4 ts Cloves
1/4 ts Ginger
2 tb Sugar
1 Yolk;or half egg
1/4 c Molasses
1/4 c -water

Stir in sugar and spices into mix. Add water, egg, and Molasses. Stir half into mix beat 2 minutes. Add remainer and beat 1 minute. Bake in a 4 X 6 inch pan that has been greased and floured at 350 for about 40 minutes. Or bake in a waffle Iron for gingerbread waffles top waffles with whipped cream and chopped bananas for something special. formatted by Diana Lewis

---------- Recipe via Meal-Master (tm) v7.05

Title: PEACH BREAD
Categories: Breads, Peaches
Servings: 2

----------LISA CRAWLEY TSPN00B----------
3 c Fresh peaches
6 tb Sugar
2 c Flour
1 ts Baking soda
1 ts Baking powder
1/4 ts Salt
1 ts Gr. cinnamon
1 1/2 c Sugar
1/2 c Shortening
2 Eggs
1 c Pecans; finely chopped
1 ts Vanilla extract

Puree peaches with 6 tb sugar. (should yield 2 1/4 c.) Combine flour baking powder, soda, salt and cinnamon. Set aside. Combine 1 1/2 c. sugar and shortening - cream together. Add eggs and mix. Add puree and dry ingred. Mix til moist. Stir in nuts and vanilla. Spoon into well greased 9x5x3" loaf pans (2). Bake @ 325 for 55-60 min. Cool 10 min. in pan. Turn out on rack and cool completely. I have used 1/2 peaches and 1/2 pears for a variation. It turned out very good. LISA/CEDAR RAPIDS

---------- Recipe via Meal-Master (tm) v7.05

Title: APPLE-CINNAMON SWIRL LOAF
Categories: Breads, Cake mix, Fruits
Servings: 2

1 pk Active dry yeast
1 1/4 c Very warm water
1 Egg
2 1/2 c Apples,chopped and peeled
1/3 c Sugar
1/3 c Pecans, chopped

1 pk	1-layer-size white cake mix	2 ts	Cinnamon
1 ts	Salt	1/4 c	Butter, melted
3 3/4 c	Flour		

----------CONFECTIONER'S ICING----------

	Light cream	1/2 ts	Vanilla
1 c	Confectioner's sugar, sifted	ds	Salt

In bowl dissolve yeast in 1-1/4 cups warm water(115-120 F) Add egg, cake mix and salt, beat until smooth. By hand, stir in enough flour to make a soft dough. Knead on floured surface until smooth (dough will be sticy) Place in greased bowl; turn once. Cover, let rise until doubled in bulk, 1-1/4 hours.

Punch down, divide in half. Cover, let rest 10 minutes.

Mix apples, sugar, pecans and cinnamon. Roll half of dough to 12x8" rectangle. Brush surface of dough with some of the butter. Sprinkle with half of the apple mixture. Starting a short end, roll as for jelly roll. Seal side and ends. Place in a greased 8-1/2x4-1/2x2-1/2" loaf pan. Brush top with more butter. Repeat with remaining dough, filling and butter. Cover, let rise in warm place until doubled (1 hour)

Bake in 375 F oven for 30-35 minutes. remove from pans; cool. Drizzle with Confectioner's icing (recipe follows) Sprinkle with chopped pecans if desired. Makes two.

CONFECTIONER'S ICING:Blend enough light cream into 1 cup sifted confectioner's sugar to make of spreading consistancy. Blend in vanilla and salt.

---------- Recipe via Meal-Master (tm) v7.05

Title: PUMPKIN COFFEE LOAF
Categories: Breads, Vegetables
Servings: 1

1/3 c	Shortening	2 1/2 ts	Baking powder
1 c	Brown sugar, packed	1/2 ts	Salt
2	Eggs	1/2 ts	Ginger
1 c	Canned pumpkin	1/2 ts	Cinnamon
1/4 c	Milk	1/2 ts	Baking soda
1 c	Flour	1/4 ts	Ground cloves
1 c	Whole wheat flour	1/3 c	Pumpkin seeds, chopped

Cream shortening and sugar. add eggs, one at a time, beat well after each. Stir in pumpkin and milk. Stir together dry ingredients. add to pumpkin mixture. Beat 1 minutes with electric mixer. stir in seeds. Bake in greased loaf pan at 350 F for 55-60 minutes. Cool 10 minutes. remove from pan. Cool. Wrap, store overnight. Makes 1.

---------- Recipe via Meal-Master (tm) v7.05

Title: CHUNKY PEANUT BUTTER BREAD
Categories: Breads, Pnut butter
Servings: 18

	-FHMN87A Phill Bower	1 c	Chunky Peanut butter
2 c	Flour	1 c	Milk
1/2 c	Sugar	1	Egg; beaten
2 ts	Baking powder	2 ts	Vanilla
1/4 ts	Salt		

Preheat oven to 350. Combine flour, sugar, baking powder andf salt into a large bowl. Add the peanut butter, milk, egg and vanilla. Mix well. Pour into a greased loaf pan and bake for 50 to 60 minutes.

---------- Recipe via Meal-Master (tm) v7.05

Title: Apricot Braid
Categories: Breads
Servings: 4

-Jo Ferry cmsj69b
1 lb Loaf frozen dough
4 tb Margarine; softened
4 tb Brown sugar
17 oz Can apricot halves in -heavy syrup
3/4 c Miniature marshmallows
1 ts Cinnamon

Let bread dough completely thaw. On a lightly floured surface, roll thawed loaf into a rectangle approximately 14 by 8". Place rectangle of dough on a greased sheet pan. Spread with 2 tablespoons margarine and 2 tablespoons brown sugar (save remaining margarine and sugar for glaze). Drain the apricots, reserving the liquid for the glaze.

Place drained apricot halves lengthwise down center of rectangle. Sprinkle with marshmallows and cinnamon. With sharp knife or scissors, cut dough into strips lengthwise down eachside of rectangle. Make strips 1" wide an 2" deep (or cut in until it almost hits the filling). Gently stretch each strip and criss-cross over filling.

Let rise in warm area until puffy, 30 to 60 minutes (see note). While rising make glaze.

For glaze, combine remaining sugar and margarine with reserved apricot syrup in a medium sauce pan. Bring to a boil. Let boil for 5 minutes. Remove form heat. Set aside. When twist has risen, bake in a preheated 350 oven for 25 minutes.

Remove from oven and brush with glaze. Return twist to oven and bake 10 to 15 minutes longer. Remove from oven, brush with additional glaze. Remove twist from sheet pan to cool on a wire rack. When cool, slice and serve.

Note: Twist can be assembled in the evening to rise in the refrigeratior overnight. This enables you to quickly bake it for breakfast in the morning. Simply brush the unrisen twist with some melted margarine and cover with plastic wrap to keep from drying out while in the refrigerator. In the morning, proceed with remaining recipe instructions.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sausage Cornbread
Categories: Pork, Breads, Microwave
Servings: 6

----------PHYLLIS SMITH WCDT64B----------
1 lb Bulk pork sausage
3/4 c Flour
3/4 c Cornmeal
1 tb Sugar
1 tb Baking powder
1/2 ts Salt
2 Eggs; beaten
1/2 c Milk
1/3 c Sausage drippings

Crumble sausage over bottom of 9" round baking dish. Microwave on high setting for 4 1/2 to 7 minutes, stirring after half the time. Drain off fat and reserve 1/3 cup of it for cornbread. In another dish reserve half of the cooked sausage. Combine remaining ingredients in mixing bowl. Stir only till smooth. Pour over sausage in baking dish. Crumble reserved sausage over top. Center dish on inverted saucer in oven. Microwave on medium 6 minutes, rotating every 2 minutes. Check for doneness by looking into the bottom of the dish to be sure there is no raw batter. Let stand for 10 minutes before serving. SOURCE: My Famous Little Black Box

---------- Recipe via Meal-Master (tm) v7.05

Title: English Muffin in a loaf (2 loaves)
Categories: Breads

Servings: 2

-RCXX09B G.Mulhorn
2 c Milk
1/2 c Water
2 3/4 c Flour
1/4 c Cornmeal
1 tb Sugar
1 ts Salt
2 pk Active dry yeast
1/4 ts Baking soda

Heat until very warm (120-130F) the milk and water. Combine the other ingredients in a large bowl. Add hot liquids to dry mix; beat well; stir in 3 cups flour to make stiff batter. Spoon into 2 bread pans, greased and sprinkled with cornmeal and sprinkle tops. Cover. Let rise in a warm place 45 minutes. Bake 400F for 25 minutes. Remove from pans immediately and cool. (I rub top crust with oleo.) Slice, toast and enjoy.

---------- Recipe via Meal-Master (tm) v7.05

Title: Skillet Sizzled Cornbread
Categories: Breads
Servings: 6

1 c Stone ground yellow -cornmeal
1 c Unbleached all purpose -flour
1 tb Baking powder
1/4 ts Salt
1/4 ts Baking soda
1 1/4 c Buttermilk
1 Egg
2 tb Sugar
1/4 c Vegetable oil
3 tb Butter

Preheat oven to 375 degrees. In a large bowl, combine cornmeal, flour, baking powder and salt. In a small bowl, stir the baking soda into the buttermilk. In another bowl, whisk together the egg, sugar to taste, and the oil, then whisk this mixture into the buttermilk mixture. Spray an 8 or 9 inch cast-iron skillet with vegetable cooking spray. Put the skillet over medium high heat. Add butter; heat until butter melts and is just starting to sizzle. Tilt the pan to coat the bottom and sides. Add buttermilk mixture to cornmeal mixture; quickly stir together, using only as many strokes as needed to combine the mixtures. Scrape the batter into the hot, buttery skillet. Immediately put the skillet into the preheated oven and bake about 25 minutes, or until cornbread is golden brown. Cut into wedges to serve. (For a decandent cornbread, substitute 1 3/4 cups sour cream for the 1 1/4 cups buttermilk.)

---------- Recipe via Meal-Master (tm) v7.05

Title: Pane Di Mattina Alla Siciliana
Categories: Breads, Italy
Servings: 2

1 ts Olive oil
1 pk Active dry yeast
1/2 c +1ts sugar
1 1/3 c Scalded milk cool to 100F
6 1/2 c Unbleached flour;approximate
1/4 c Dried currents
1/3 c Golden raisins
1/3 c Marsala
1/2 c Unsalted butter
3 tb Shortening
1 1/2 ts Fennel seeds
4 Eggs
1 tb Grated lemon rind
1/2 ts Salt

----------EGG WASH----------
1 tb Whipping cream
1 Egg yolk
1/2 tb Marsala

brush olive oil over surface of a large stainless steel bowl. Put yeast and 1 teaspoon sugar in bottom of bowl add 1 cup of scalded milk and stir to disolve the yeast. Set aside for 10 minutes then add 1-1/2 cups flour and remaining milk. Knead by hand or with mixer and dough hook till dough is

soft and silky, about 7 or 8 minutes. Cover and let rise for 5 hours. While dough rises soak currents and raisins in Marsala for at least 1 hour. In a small sauce pan over low heat, melt butter and add 2 tablespoons shortening. add fennel seed, remove from heat and let stand till cool. add eggs one at a time to the fennel seed mixture and mix after each addition then add lemon rind and remaining sugar. Set aside. when dough has risen 5 hours add fennel seed mixture and mix well. add salt and begin adding remaining flour, 1/2 cup at a time. when dough is firm enough to knead turn out onto a lightly floured board and knead till soft and smooth about 10 to 15 minutes, adding as much additional flour as necessary to keep it from sticking. During final 5 minutes knead in raisins and currents. form dough into 2 loaves. use remaining shortening 2 grease 2 nine inch pans place dough in pans cover and let rise till doubled in bulk. this may take as long as 3 hours. preheat oven to 375 brush egg wash on bread 5 minutes before baking. brush again immediately before baking. Bake until loaves are golden brown and sound hollow when tapped about 35 minutes turn out and cool. this is Sicily's answer to the moring danish. recipe from The Coles group's, California Culinary Academy Italian cooking at the academy.

---------- Recipe via Meal-Master (tm) v7.05

Title: Merenda Fiorentina (Florentine snack bread)
Categories: Breads, Italy
Servings: 1

1	pk Dry active yeast		The crust
1	ts Salt	1	tb Minced garlic
3	c Unbleached flour		Cornmeal for dusting
1	c Warm water (105F)		Coarse salt
3	tb Olive oil + oil for brushing	1	ts Minced fresh rosemary:option

combine yeast, salt and flour in large bowl. combine water and oil in a small bowl add liquid to dry ingredients and mix till they form a rough mass. Knead mixture in a bowl with your hands till it holds together then turn out onto a lightly flour surface and knead in garlic. Continue till dough is smooth and elastic about 8 minutes form ball and let rest on a lightly floured surface covered for 1 hour. {Preheat oven to 375F Preheat oven to 375 roll dough into 12 X 14 inch rectangle and transfer to baking sheet sprinkled with cornmeal. Use finger tips to make indentations in the dough at 2 inch intervals sprinkle dough lightly with coarse salt and drizzle olive oil over the top. Sprinkle with rosemary if used bake till golden bnrown about 25 minutes remove from oven and brush with a little more oil cool slightly serve warm. to serve cut into thin slices and pack along with a picnic lunch with roast chicken roasted red peppers and red wine. recipe from the cole Group's California Culinary Academy Series cookbook "Italian cooking at the academy"

---------- Recipe via Meal-Master (tm) v7.05

Title: Pane Giallo (Polenta Bread)
Categories: Breads, Italy
Servings: 8

5	tb Unsalted bread	3	Eggs;separated
2	tb Minced garlic	2 c	Milk
1	c Polenta (coarse yellow corn Meal)	1/2 c	Half and half
		1 c	Roasted red peppers;minced
1 1/2	ts Salt		Olive oil
1	ts Fresh ground black pepper		

in small skillet over moderatly low heat, melt 2 tablespoons of butter. Add garlic and saute until fragrant. remove from heat. combine polenta, salt and pepper in a bowl and set aside. Put egg yolks, milk and half and half in a saucepan and wisk well. Bring to a boil, whisking constantly. add

cornmeal mixture gradually, then add garlic and red peppers. cook 2 minutes stirring constantly with wooden spoon. Add remaining butter and cook an additional 2 minutes. Preheat oven to 375 brush souffle dish or casserole with olive oil. Place dish in oven for 5 minutes to warm it. Beat egg whites with a pinch of salt until stiff peaks form. Gently fold whites into thickened cornmeal. Pour mixture into hot souffle dish. Bake until puffed and golden about 30 minutes. Serve immediately.

---------- Recipe via Meal-Master (tm) v7.05

Title: Pizza Dough
Categories: Breads, Ethnic, Genie
Servings: 1

1 tb Fast rising yeast	1/2 ts Salt
1 c Flour	1/2 ts Sugar
1 c Luke warm water	2 1/4 c Flour
2 tb Vegetable oil	

In a large bowl mix yeast and 1 cup of flour, then mix in water,oil, salt and sugar. Add 2 to 2-1/4 cups of flour or enough to make a soft dough. Knead until smooth and elastic. Place in a lightly greased bowl, turning dough to grease all over. Cover with a tea towel and let rise in a warm place for 1 to 1-1/2 hours or until dough doubles in size. Punch down and divide dough in half.

Preheat oven to 425 F. Grease pizza pans and roll out dough on lightly floured surface into a 12" circle. Place on pan. Let rise for 10 minutes. Put on topping and bake according to recipe directions. OPTION: For a crustier bottom, precook dough slightly (about 10 minutes or until edges are lightly browned). Then put on topping and cook another ten minutes until cheese is golden brown. TO FREEZE DOUGH: Spread dough onto pans, cover with plastic wrap and freeze. Once frozen, put in plastic freezer bag. Keeps well for one month. Thaw in refrigerator.

---------- Recipe via Meal-Master (tm) v7.05

Title: Bill's Pizza Crust
Categories: Breads, Ethnic, Genie
Servings: 1

2 1/2 c Unbleached Flour	1 1/4 c Pastry Flour
1 pk Active Yeast:	2 1/4 ts Salt
-dissolved in:	1 1/4 c Tepid water
1/3 c Water	

Mix until massed, add 3 t Olive Oil Knead, & let rise to 3X size Knead again & let rise again to 3X size Cut in half, roll out every 2 minutes until expanded to 14 inches. Add toppings and bake at 450 for 12-15 minutes.

Bill was attempting to find the perfect pizza crust. He developed this over a period of time through trial and error. This should produce a thin firm crust for your pizza. Source: Bill the guitar player 1980

---------- Recipe via Meal-Master (tm) v7.05

Title: Herb Pizza Dough
Categories: Breads, Ethnic, Genie
Servings: 1

1 pk Active dry yeast	2 1/4 c All-purpose flour

1 ts	Sugar	1/2 ts	Salt
7/8 c	Warm water, -@110 degrees	1 tb	Garlic olive oil, -more as needed **
1/4 c	Chopped herbs, -optional *		Oil and cornmeal for pan

Stir together the yeast, sugar and warm water. Let stand until foamy, about 10 minutes.

In the work bowl of a food processor fitted with the steel blade, chop the herbs. Turn off machine. Add flour and salt. Turn the machine on and off a couple of times. While the machine is running, add yeast. Process until the dough forms a ball at the side of the bowl. Add garlic, olive oil and process for 30 to 40 seconds more.

Transfer dough to a bowl that has been oiled with olive oil. Turn the dough until the entire surface has been coated with the oil. Cover bowl with a damp towel and allow to rise in a warm draft free place for 1 hour or until doubled.

Roll out on a lightly floured surface and if dough is too elastic, try tossing it from hand to hand to flatten it out. Lightly grease the pizza pan with a little oil and sprinkle with cornmeal. Place the dough on the pizza pan and trim the edges. Bake for 10 minutes @425 degrees. Remove from oven, lightly brush the crust with a little more oil and proceed with recipe.

Makes enough dough for one 12" crust.

* Try basil, thyme, Italian flat leaf parsley, oregano, rosemary, cilantro.

---------- Recipe via Meal-Master (tm) v7.05

Title: Pizza Dough #1
Categories: Breads, Ethnic, Genie
Servings: 1

1 pk	Active dry yeast	1/2 ts	Salt
3/4 c	Warm water	2 tb	Olive or vegetable oil
1/2 ts	Sugar	2 c	All-purpose flour

Dissolve the yeast in the water. Stir in sugar, salt, oil and one and 3/4 cups of the flour. Turn onto a well-floured board and knead until smooth and elastic. This should take about five minutes. Knead in enough of the remaining flour to prevent sticking.

David Andrews

---------- Recipe via Meal-Master (tm) v7.05

Title: Whole Wheat Pizza Crust
Categories: Breads, Ethnic, Genie
Servings: 2

1 pk	Dry yeast	3/4 c	Whole wheat flour
1 c	Warm water -(105 to 115 F)	2 ts	Salt
		4 ts	Cornmeal (optional)
2 1/2 c	All-purpose flour		

Stir yeast into warm water and set aside for 5 to 10 minutes. Combine the flours and salt in a mixer bowl; add yeast mixture. Mix until dough begins to pull away from side of bowl. (Add a little more flour if dough sticks to side.) Divide dough in half. On a floured surface with floured rolling pin, roll each half into a 15-inch circle (dough should overlap pan

by 1 inch all around). If dough resists rolling, let it rest a few minutes and try again. Dough can be refrigerated or frozen before rolling. Thaw thoroughly before attempting to roll out.

Coat two nonstick 14-inch pizza pans with cooking spray and sprinkle with cornmeal (optional). Arrange each crust in a prepared pan and top as desired.

[MODERN MATURITY: Feb/March 1990 }

Posted By: Fred Peters

---------- Recipe via Meal-Master (tm) v7.05

Title: New Classic Pizza Dough
Categories: Breads, Ethnic, Genie
Servings: 1

1 pk	Dry Active Yeast	3/4 c	Cold milk
1/2 c	Warm water -(105-115F)	2 tb	Olive Oil
		3 c	All-Purpose flour
1/8 ts	Sugar	1 1/2 ts	Salt

For two 16 inch crusts (Food Processor Directions)
Mix the yeast and 1/4 tsp sugar in the 1/2 cup of warm water.
Let stand for 10 minutes, until bubbly.

Measure the DRY ingredients into the bowl of the processor.
Stir the 3/4 cup milk into the finished yeast mixture.
Turn on the processor and pour in the yeast mixture,
then the oil, stop the machine when the dough has
massed on the blade.
The dough will be soft.
Allow it to rest 5 minutes.
Turn on the processor for a few seconds more (no more than 5)
Turn the dough out onto a lightly floured surface and
knead by hand about 60 strokes.
Let the dough rise in a covered bowl until doubled (about 1 hr.)
Divide the dough in half. The dough may be kept covered in a cool
place (up to an hour)
Use it immediately, refrigerated it or even freeze it.

---------- Recipe via Meal-Master (tm) v7.05

Title: Mama Lorraine's Pizza Dough
Categories: Breads, Ethnic, Main dish, Genie
Servings: 1

1 pk	Yeast	1 1/3 c	Lukewarm water
1/3 c	Honey	3 c	Flour (mix white & -whole wheat)
1/3 c	Cooking oil		
	Salt		

In a very large mixing bowl, add water and yeast. Dissolve yeast. Add honey and oil. Stir well. Add flour, one cup at a time until dissolved, then add rest to make a bread dough consistency. Take dough from bowl and on floured surface, knead for about five minutes. Roll into ball and in greated bowl put into a warm oven for an hour to rise. After an hour, grease a cookie sheet and flatted dough evenly all over, make edges come up on sides. Turn oven to 350F, place dough on cookie sheet in oven for 15 minutes. Take out, add toppings and sauce, then cook for 20 more minutes at 370-375F. Watch closely. If cheese browns too fast, cook longer at a lower temperature. Source: MamaLorraine, 1975.

---------- Recipe via Meal-Master (tm) v7.05

Title: Pizza Dough #2
Categories: Breads, Ethnic, Genie
Servings: 1

----------IN A LARGE BOWL MIX----------
1 pk Dry yeast 1 3/4 c Hot tap water

----------STIR UNTIL YEAST IS DISSOLVE----------
1/2 ts Salt 2 c Flour

Now with a mixer mix (if hand-held mixer) 2 minutes high speed or (if you have a regular mixer) 2 minutes medium speed.

Then add: 1 cup flour

And carefully mix high speed for one more minute.

Then add by hand kneeding for 5 minutes minimum: 1 cup flour (or more if dough is too sticky) Kneed this until the dough is soft but easily handlable without being too sticky. Place in a bowl greased with olive oil in a warme (but turned off!) oven covered with a cloth and let the dough rise until it is doubled ~ takes about 1 1/2 hours or so.

When dough has risen punch it down and separate it into either 2 for 2 thick crust pizzas or 4 for 4 thin crust pizzas and carefully, by spinning and tossing the dough shape it into olive oil greased (lightly) pans. Be careful you don't toss it too high!

Place on top your favorite sauce and fixings and bake for 20 minutes or until edges look done (baking time depends on the oven) at 375 f

---------- Recipe via Meal-Master (tm) v7.05

Title: Sarah's Pizza Crust
Categories: Breads, Ethnic, Genie
Servings: 1

1 tb Yeast -110 to 115 degrees
1 tb Sugar 3 c Flour
1 c Warm water

Disolve yeast and sugar in water. Stir in flour 1/2 cup at a time. Knead 10 mins or so. Rise. Punch down, rest 10 mins. Pat into lightly oiled pizza pan. Finish as usual.

---------- Recipe via Meal-Master (tm) v7.05

Title: Traditional Pizza Dough 1
Categories: Breads, Ethnic, Genie
Servings: 1

1/4 c Water (110 to 115 F.) -115 Degrees F.)
1/2 ts Sugar 1 tb Olive Oil (Room Temperature)
1/2 ts Salt 1 1/2 c Unbleached Flour
1/2 pk Dry Yeast Additional Flour
1/4 c Warm Water (110 to Additional Water

HAND METHOD:

Pour the first 1/4 Cup of water into a medium bowl and add the sugar and salt, stirring to dissolve the sugar. Sprinkle the yeast over the water

mixture, stirring once to blend and let sit for 5 minutes until the top is bubbly and the yeast has bloomed. Stir in the remaining warm water and the oil. Place the flour in a large bowl and add the water and oil mixture to it. Stir, adding enough flour to make a soft dough that will pull away from the sides of the bowl. If it is too dry, add a little water a tbls at a time.

Turn the dough out on a well-floured work surface, sprinkle the top with a little additional flour. Knead until it become very springy, elastic and very smooth. It should be light in weight, if it is heavy, you have use too much flour and it will not raise properly.
Form into a smooth ball and let rest on the work surface while you wash and clean the large bowl. Spray with a non-stick spray. Put the ball of dough into the bowl and turn it over to get some of the spray on the top. Cover with plastic wrap or a warm, damp, clean dishtowel. Let the dough rise in a warm, draft free place until double in volume, about 1 1/2 to 2 hours.

If the dough rises before you are ready, punch it down in the bowl by kneading making sure all of the air is gone. Turn it over and reshape it into a ball and let rise again. If the top is dry, use a little olive oil to grease it. You can punch the dough down and cover the bowl and keep the dough refrigerated for up to two days before letting it rise at room temperature.

For a thin, crisp pizza crust punch the dough down and turn out and spread over a pizza pan or baking sheet or a bakers peel. Cover with filling and topping, baking at once.

For thicker, softer pizza crust punch the dough down and turn out shaping as above and then cover lightly with a clean dishtowel. Let rise about 30 minutes before covering with filling and topping.

Makes enough dough for one 12 to 14 inch round pizza, two 7 to 8- inch round pizzas or one oblong pizza, or one dozen appetizer-sized pizzas.

From Pizza Cookery by Ceil Dyer.

---------- Recipe via Meal-Master (tm) v7.05

Title: HERB PARMESAN BREAD
Categories: Breads, Breadmaker
Servings: 1

--------------------------------1-POUND LOAF--------------------------------

2 c All-purpose flour	1 tb Milk
2 tb Sugar	3/4 c -Water; lukewarm
1/2 ts Salt	1 1/2 ts Active dry yeast
1 tb Butter or margarine;softened - (or shortening, softened)	1/4 c Parmesan cheese; grated
	1 tb Italian-style herbs

(Nancy Hagfors - N.HAGFORS on GEnie; GXDB48A on Prodigy)

---------- Recipe via Meal-Master (tm) v7.05

Title: ENGLISH MUFFIN LOAF
Categories: Breads
Servings: 2

--------------------------NANCY HAGFORS GXDB48A--------------------------

2 pk Active dry yeast	2 c Milk
6 c Flour; unsifted	1/4 ts Baking soda
1 tb Sugar	1/2 c Water
2 ts Salt	Corn meal

* makes 2 loaves

Combine 3 cups flour, yeast, sugar, salt, and baking soda. Heat liquids until very warm. Add to dry mixture; beat well. Stir in rest of flour to make a stiff batter. Spoon into two 8-1/2 x 4-1/2 inch pans that have been greased and sprinkled with cornmeal. Sprinkle tops with cornmeal. Cover; let rise in warm place for 45 minutes. Bake at 400-degrees for 25 minutes. Remove from pans immediately and let cool.

---------- Recipe via Meal-Master (tm) v7.05

Title: Deluxe Jalepeno Cornbread
Categories: Breads, Ethnic, Genie
Servings: 9

1	c	Yellow cornmeal			Pimento
17	oz	Whole kernel corn			-chopped
1/2	ts	Baking soda	1/2	c	Margarine
3/4	ts	Salt			-melted
1		Jalepeno peppers	1	c	Cheddar cheese
		-chopped			-grated
2		Eggs	1	md	Onion
		-beaten			-chopped
1	c	Buttermilk			

Mix all ingredients except cheese. Pour into a well-greased 9x9" pan. Place the 1 C. cheese on top. Bake at 350^ for 45 minutes. Serves 4-6 people.

SOURCE; Fiesta Favorites - compiled by California Home Economics Teachers of

---------- Recipe via Meal-Master (tm) v7.05

Title: Antipasto Bread
Categories: Breads, Ethnic, Genie
Servings: 2

2		Loaves frozen bread dough	1/2	lb	Provolone
		-thawed			-sliced
1		Jar mixed colored peppers	1/4	lb	Salami
		-in oil	1/4	lb	Pepperoni
1		Egg			Oregano
		-slightly beaten			

On a lightly floured surface, roll bread dough out, 1 at a time, to 14x8 inch rectanges. Brush rolled dough with beaten egg. Use half of the ingredients per loaf. Arrange ingredients on bread doutyh. Stretch dough and bring down top; bring up bottom of dough and roll in jelly-roll fashion. Seal edges and ends with egg wash. Place on bakin gsheet. Repeat second loaf. Cool loaves loosely with towel and let rise about 30 minutes. Brush and seal with egg wash. Bake 30 minutes at 350F.

---------- Recipe via Meal-Master (tm) v7.05

Title: Peppy Pizza Pie
Categories: Main dish, Breads, Ethnic, Genie
Servings: 6

1	lb	Lean Ground Beef	8	oz	Tomato Sauce; 1 Cn
2	oz	Pepperoni; Chopped,	8	oz	Mushroom Stems & Pieces; *

	-1/3 C Abt	1/4 c	Ripe Olives; Pitted,
1/3 c	Bread Crumbs; Dry		-Sliced
1	Egg; Lg	1 c	Mozzarella Cheese;
1/2 ts	Oregano Leaves		-Shredded
1/4 ts	Salt		

* Use 1 8-oz can of Mushroom Stems and Pieces that has been drained.

Heat the oven to 400 degrees F. Mix the meats, bread crumbs, egg, oregano leaves, salt and half of the tomato sauce. Press the mixture evenly against the bottom and sides of an ungreased 10-inch pie pan. Sprinkle the mushrooms and olives in the meat line pan then pour the remaining tomato sauce over the vegetables. Bake uncovered for 25 minutes. The pepperoni gives a red-flecked appearance to the meat. Sprinkle the pie with the shredded cheese and bake an additional 5 minutes. Cool for 5 minutes then cut into 6 wedges. NOTE: If a 10-inch pie pan is not available, use a 9-inch one but put a pan under it to catch the run off of juices. Also you can use an 8 oz can of cut green beans or whole kernel corn in place of the mushrooms if desired.

---------- Recipe via Meal-Master (tm) v7.05

Title: AMISH BREAD W/OATMEAL
Categories: Breads
Servings: 12

----------NANCY HAGFORS GXDB48A----------

1 c	Sourdough starter	3	Eggs
1/2 c	Oil	2 ts	Baking powder
1 c	Light brown sugar	1/2 ts	Baking soda
3/4 c	Flour	1 1/2 ts	Cinnamon
3/4 c	Oatmeal (quick)	1/2 ts	Nutmeg

Mix all ingredients together. Bake at 350-degrees for 40 minutes.

---------- Recipe via Meal-Master (tm) v7.05

Title: HERMAN WHEAT'N'HONEY STARTER *
Categories: Breads, Sourdough, Herman
Servings: 1

	-Deborah Seckinger GDJF29B	2 tb	Dry yeast
1 tb	Ginger	2 c	Milk
1/2 c	Honey;or brown sugar	1 c	Whole wheat flour
1/3 c	Warm water	1 c	Flour white;or unbleached

Sprinkle ginger and 1 T honey or brown sugar over warm water. Sprinkle yeast over this and stir. Let stand in warm place about 10 minutes till doubled in size. Mix milk, rest of honey or brown sugar, flours into yeast mixture in a glass container about the size of a gallon pyrex jar. Stir, using only a wooden spoon, since metal objects will retard herman's growth. Leave the cover on lossely or place a glass plate over the top of the container. So Herman can breathe. Herman doubles, enen tripples at time of vigorous rising. Place Herman in a warm place overnight. Next day refridgerate, Lossely covered and stir each day. This is very important with wheat and honey starter as more gasses form in the container and are released during stirring. Formation of this gas may cause the starter to appear darker on the top than on the bottom. But this is okay. On the 5 th day measure out 1 cup herman for baking and another to give to a friend if you wish. Then feed what herman you have left thusly: FEEDING HERMAN 1/2 CUP WHOLE WHEAT 1/2 C WHITE FLOUR 1 C MILK 1/4 C HONEY;OR BROWN SUGAR 1/4 T GINGER STIR WELL KEEP IN FRIDGE Formatted by Diana Lewis

---------- Recipe via Meal-Master (tm) v7.05

Title: INSTANT POTATO STARTER *
Categories: Sourdough, Breads
Servings: 1

-DON SIMMONDS (VJHS00B)

----------STARTER----------

1 pk	Dry yeast,	2 tb	Salt
1/2 c	Sugar	1/2 c	Instant potato flakes
2 c	Warm water,		

----------FEED----------

3/4 c	Sugar,	1 ts	Instant potato flakes
1 c	Warm water,		

----------BREAD----------

1 c	Starter,	1/4 c	Sugar
1 1/2 c	Lukewarm water	1/2 c	Oil,
1 ts	Salt,	6 c	Flour

STARTER: Dissolve yeast in 1/2 C. of warm water. Add remaining ingred. and stir well. Place in glass jar, covered loosely with foil, plastic wrap, etc. (to allow for gas expansion). Keep at room temperature for 24 hrs. Then place starter in frig. for 3-5 days. Feed: After starter has been refrigerated 3-5 days, take out and feed it above mixture. Let stand out (loosely covered) all day (8-10 hrs.). Take out 1 C. to use in making bread and return remaining starter to frig. Keep refrigerated from 3-5 days; feed again. After feeding, take out 1 C. to use in making bread, or give 1 C. to a friend, or throw 1 C. away. Starter must be fed again in 3-5 days. Bread: Mix first 5 ingred. together. Add in flour 1 C. at a time until thoroughly mixed. Knead until good "elastic" consistency, but don't over knead. Place approx. 2 Tbl. oil in bottom of large boowl; turn dough over so oiled side is facing up. Cover with dish towl; let rise until double - about 8-10 hrs. Punch down, knead again only a few times, mixing in flour until good consistency. Divide dough in half, shape into loaves. Place in ungreased loaf pans; let rise again (4-6 hrs.). Bake @ 350 for 25-35 min. until golden brown and loaves sound hollow when tapped. Cinnamon Bread: Before placing dough in loaf pans to rise, roll out, brush with melted butter, sprinkle with cinnamon and sugar. Roll up and place in loaf pan to rise. This is a great receipe - I've enjoyed it for years! Your starter should bubble a little after it has set out for the day (before you feed it). If not, I have added yeast to the warm water of the "feed" and added it in and the starter has recovered just fine! Enjoy! And let me know how you like it! Don in Arlington, TX 8/28

FOOD AND WINE CLUB TOPIC: FOOD SOFTWARE TIME: 05/01 3:54 PM

TO: ALL FROM: MARGE NEMETH (GNFK05B) SUBJECT: R-MM SOURDOUGH START

---------- Recipe via Meal-Master (tm) v7.05

Title: AUNT CORA'S SOURDOUGH BISCUITS *
Categories: Breads, Sourdough
Servings: 4

1 1/2 c	Sifted Unbleached Flour	2 tb	Sugar
3 ts	Baking Powder	1/4 c	Shortening, Melted
1 ts	Salt	1 1/2 c	Sourdough Starter
1 1/2 ts	Baking Soda *		

* More Baking Soda may be added if the starter if very sour. Place flour in bowl, add starter in a well, then add melted shortening and dry ingredients. Mix lightly and turn out onto a lightly floured board and

knead until the consistency of bread dough, or of a satiny finish. Pat or roll out dough to 1/2 inch thickness, cut and put on a greased pan. Coat all sides of biscuits with melted butter. Let rise over boiling water for 1/2 hour. Bake at 425 degrees F for 15 to 20 minutes.

---------- Recipe via Meal-Master (tm) v7.05

Title: Fruit Bread With Grape-nuts Tspn00b
Categories: Breads
Servings: 10

2 c Milk; scalded	1 c Plus 3 tb. sugar
1 c Grape-nuts	1 Egg; well-beaten
3 c Sifted flour	3 tb Butter
4 ts Baking powder	1 c Currants or raisins
1 1/2 ts Salt	1 tb Orange rind; grated

Pour the scalded milk over the grape-nuts and set aside to cool. Sift baking powder, salt, sugar, and flour together, and then twice more. Add the beaten egg and butter to the grape-nuts and milk mixture and blend well. Add flour, stirring gently until blended. Mix in raisins and orange rind. Turn into a well-buttered loaf pan, and let stand for 1/2 hour. Bake in 350 oven for an hour and 25 minutes. FROM: KATE SMITH'S "COMPANY'S COMING" COOKBOOK---Lisa Crawley TSPN00B

---------- Recipe via Meal-Master (tm) v7.05

Title: Apple Cinnamon Bread
Categories: Abm, Breads
Servings: 1

----------SMALL----------

1/2 c ;water	1/4 ts ;salt
2 1/2 tb Apple juice concentrate	1 c Flour,whole wheat
1/4 c Applesauce	1 1/2 tb Vital gluten;optional
1/2 ts Cinnamon	1 c Flour,bread
2 ts Sugar,brown	1 ts Yeast

----------MEDIUM----------

3/4 c ;water	1/3 ts ;salt
3 3/4 tb Apple juice cocentrate	1 1/2 c Flour,whole wheat
1/3 c Applesauce	2 tb Vital gluten;optional
3/4 ts Cinnamon	1 1/2 c Flour,bread
1 tb Sugar,brown	1 1/2 ts Yeast

----------LARGE----------

1 c ;water	1/2 ts ;salt
5 tb Apple juice concentrate	2 c Flour,whole wheat
1/2 c Applesauce	3 tb Vital gluten
1 ts Cinnamon	2 c Flour,bread
1 1/3 tb Sugar,brown	2 ts Yeast

Pats comments.... "This bread is really good. It can be used on the timer. On my Panasonic I use the regular cycle, but with the light crust due to all the juices in it. Makes a beautiful high rising loaf with a warm cinnamon color. Definitely use the vital gluten as it rises much better. I use frozen apple juice concentrate. You could also add raisins or chopped apples, either fresh or dried, or even nuts might be nice. Fits McD beautifully, don't you think?!"

From Donna German's Book III Posted by Pat Ballard MGFN03A on Prodigy MM by J.Duckett1 (Kat)

---------- Recipe via Meal-Master (tm) v7.05

Title: Sausage Bread***
Categories: Italian, Breads
Servings: 2

- G. Granaroli XBRG76A
- MM:MK VMXV03A
1 lb Pizza dough
4 Sausage links
1 lg Onion chopped
1 lg Pepper
1/4 lb Shredded mozzarella
1/4 c Grated cheese
Salt and pepper
Egg wash (1 egg whipped With 1 tb water)

Let dough rise until double in size. (about 4 hrs) Squeeze sausage meat from skin and crumble. Sautee with onion and chopped pepper. Drain well. Punch down dough and cut in half. Roll into a rectangle. Top with half meat and cheeses. Roll up and place in shallow baking pan seam side down. Repeat with other dogh. Brush egg wash over both loaves. Cut 3 slits 1" in each loaf. Bake at 375 for 25-30 min. Serve warm.

---------- Recipe via Meal-Master (tm) v7.05

Title: All-Bran Seed Loaf
Categories: Breads
Servings: 10

3/4 c Whole wheat flour
3/4 c Flour, all-purpose
1 tb Baking powder
1/2 ts Salt
1/3 c Sesame seeds
2 ts Poppy seeds
3/4 c Orange juice
1/4 c Honey
2 Eggs
1/4 c Vegatable oil
1/2 c Bran cereal

Stir together flour, baking powder, salt and seeds. In large bowl, beat together orange juice, honey, eggs and cereal. Let stand 2 min. Add flour mixture, stirring only until well combined. Spread evenly in greased 8.5 x 4.5 x 2" loaf pan. Bake at 350f about 40 min. Let cool 10 min and remove from pan. Cool completely before slicing.

---------- Recipe via Meal-Master (tm) v7.05

Title: Bagel Thins, Lo Cal, Lo Salt
Categories: Appetizers, Breads, Low-cal
Servings: 20

1 Bagel
2 ts Soft margarine, melted
1 ts Oregano, dried

Using a very sharp serrated knife, slice bagel into very thin rounds. Arrange in single layer on baking sheet; brush with margarine. Sprinkle with oregano. Bake in 350F oven for 12 minutes. Let cool and store in airtight container for up to 1 week. Per 1 piece serving: 14 cal; .5g fat, 0 cholesterol, 15 mg salt.

---------- Recipe via Meal-Master (tm) v7.05

Title: BRAN MUFFINS
Categories: Breads
Servings: 12

1 c White flour
1 1/4 c Skim milk

2	c	Bran	1/2	c	Molasses
1/4	c	Cornmeal	1	ts	Baking soda, dissolved in wa
1	ts	Salt	1	c	Raisins (optional)

Mix all ingredients together and pour into a muffin tin, using either nonstick pan or paper liners. Bake 325F for 25 min.

---------- Recipe via Meal-Master (tm) v7.05

Title: CARROT OR ZUCCHINI MUFFINS
Categories: Breads
Servings: 24

1 1/2	c	Whole-wheat flour	2		Eggs
1	ts	Salt	1/4	c	Vegetable oil
1 1/2	ts	Baking soda	1 1/2	c	Skim milk or orange juice
1	ts	Cinnamon	2	tb	Vinegar
1/2	ts	Nutmeg	1/2	c	Honey
1 1/2	c	Natural bran	1/4	c	Molasses
3		Carrots, 1c grated	1/2	c	Raisins

Blend flour, salt, baking soda, cinnamon, nutmeg, and bran together in food processor, 4 to 5 seconds. Pour into large mixing bowl. Process carrots until pureed and add to dry ingredients. Process the eggs and oil for 2 - 3 seconds and add to bowl along with the milk, vinegar, honey, molasses, and raisins. Stir with a wooden spoon until just blended; do not overmix. Spoon the batter into paper-lined muffin tins and bake at 375F for 20 to 25 min.

---------- Recipe via Meal-Master (tm) v7.05

Title: Corn Muffins
Categories: Muffins, Breads
Servings: 2

1/3	c	Unbleached flour	1		Large beaten egg
1/3	c	Yellow cornmeal	1/4	c	Milk
2	tb	Sugar	4	ts	Cooking oil
1 1/2	ts	Baking powder			Yellow corn meal
1/4	ts	Salt			

In a small bowl sift together flour, 1/3 c of yellow cornmeal, sugar, baking powder, and salt. Make a well in the center of the dry ingredients. Stir together beaten egg, milk and cooking oil. Add all at once to the dry ingredients, stirring just till moistened. Line four 6-oz custard cups with paper baking cups. Fill 2/3rds full. Sprinkle a little additional cornmeal atop muffins. Micro-cook, uncovered, on 100% power about 1 1/2 minutes or till done, rearranging twice. (When done, the surface may appear moist but a wooden pick inserted near the center should come out clean.)

---------- Recipe via Meal-Master (tm) v7.05

Title: PINEAPPLE-BRAN WHOLE-WHEAT MUFFINS
Categories: Breads
Servings: 12

1	c	Whole wheat flour	1	c	100% all-bran cereal
1	tb	Baking powder	1/3	c	Skim milk
1/4	ts	Salt	1/4	c	Vegetable oil
1 1/2	tb	Brown sugar	8	oz	Can crushed pineapple w juic
1		Egg			

Mix the flour, baking powder, salt, and sugar. Beat the egg slightly. Add cereal, milk, and oil to the egg. Stir to combine. Let stand for 2 min. or until the cereal has softened. Stir the pineapple, including the juice, into the mixture. Add flour mixture, stirring only until combined. Spoon the batter evenly into a paper-lined muffin tin and bake at 400F for about 25 min. Serve warm. Cal: 100, Fat: 1g.

---------- Recipe via Meal-Master (tm) v7.05

Title: Potato Farls (Irish)
Categories: Breads, Appetizers
Servings: 8

1 1/4 lb Potatoes (3 or 4)
2 tb Butter, melted
1 c Flour, all purpose
1/2 ts Salt
4 ts Vegetable oil

Peel and halve potatoes; put in large saucepan with enough water to cover. Bring to boil; simmer, covered, 20 to 30 minutes, until fork-tender. Drain well; return to saucepan over low heat. Add butter; mash potatoes well. Stir in flour and salt. Gather mixture into a ball; turn onto lightly floured surface. Knead lightly until smooth. Divide dough in half. Roll out one half into an 8 in. (20 cm) circle, about 1/4 in. thick. Cut into quarters; set aside. Repeat with remaining dough. In large nonstick skillet, heat half the oil over medium-high heat. Cook dough quarters in batches, 2 minutes on each side or until golden brown, adding more oil as necessary. Serve warm.

---------- Recipe via Meal-Master (tm) v7.05

Title: Rhubarb-Pecan Muffins
Categories: Breads
Servings: 12

2 c Flour
3/4 c Sugar
1 1/2 ts Baking powder
1/2 ts Baking soda
1 ts Salt
3/4 c Chopped pecans
1 Egg, large
1/4 c Vegetable oil
2 ts Grated orange peel
3/4 c Orange juice
1 1/4 c Rhubarb, fresh fine chopped

Combine all dry ingredients. Beat egg and oil; add orange juice. Add to flour mix. Add rhubarb. Bake 350F 25-30 min.

---------- Recipe via Meal-Master (tm) v7.05

Title: Soda Bread (Irish whisky soda)
Categories: Breads
Servings: 8

----------bread----------
4 c Flour, all purpose
1 ts Salt
1 ts Baking soda
1/4 c Butter, chilled
1 c Raisins or currants (option)
1/2 c Honey, liquid
1/4 c Irish whisky or buttermilk
----------glaze----------
2 ts Irish whisky
2 Ilk

BREAD: In large bowl, combine flour, salt and baking soda. With pastry blender or two knives, cut in butter until mixture resembles coarse crumbs. Stir in raisins or currants (if using). In separate bowl, combine buttermilk, honey and whisky. Add all at once to dry ingredients; stir just until no dry spots remain. Turn dough out onto lightly floured

surface. Knead lightly 1 minute (too much handling will toughen loaves, while too little will inhibit rising.) Divide dough in half and shape each half into an 8 in (20 cm) round. Place in two greased 8 in (1.2 L) round cake pans. With floured knife, cut a cross 1/2 in deep in each loaf.
GLAZE: In small bowl, combine whisky and milk. Brush loaves with glaze. Bake in 350F (180C) oven 35 to 40 minutes or until loaves sound hollow when tapped on bottoms. Remove from pans; let cool on wire racks. Cut into wedges.

---------- Recipe via Meal-Master (tm) v7.05

Title: Spaetzle Cheese Noodles
Categories: German, Breads, Cheese
Servings: 4

3 tb Butter or margarine	1 ts Dry mustard
3 Onions;sliced in small rings	2 c Spaetzle noodles
3 oz Emmenthaler cheese; grated	2 tb Chives; chopped

Heat butter in frypan, add onions, and brown lightly. Toss cheese with dry mustard. Add cooked noodles to cooked onions and cheese; mix well. Place mixture in an ovenproof casserole. Bake at 300 degrees F. for 20 to 30 minutes or until hot and bubbly. Sprinkle top with chopped chives before serving.

---------- Recipe via Meal-Master (tm) v7.05

Title: Toasty Walnut Muffins
Categories: Muffins, Breads
Servings: 2

1/4 c Quick-cooking rolled oats	2 tb Milk
1/2 c Unbleached flour	1/4 c Broken walnuts, toasted
2 tb Sugar	2 tb Raisins
1/2 ts Baking powder	2 ts Unbleached flour
Dash ground cinnamon	1 ts Brown sugar
1 Large beaten egg yolk	1 ts Butter or margarine
2 tb Cooking oil	

Stir together oats and 2 T warm water, let stand for 5 minutes. Meanwhile stir together 1/2 cup flour, sugar, baking powder, cinnamon and a DASH of salt. Stir egg yolk, oil and milk into oat mixture; add to dry ingredients, stirring just till moistened. Fold in 3 T of the walnuts and the raisins. Line four 6-ounce custard cups with paper baking cups. Fill 2/3rds full. Combine 2 t flour , brown sugar, butter, and remaining walnuts. Sprinkle atop muffins. Micro-cook, uncovered, on 100% power for 1 1/2 to 2 1/2 minutes or till done, rearranging twice. (When done, surface may still appear moist but a wooden pick inserted near the center should come out clean.) Remove from custard cups. Let stand on a wire rack for 5 minutes. Serve warm.

---------- Recipe via Meal-Master (tm) v7.05

Title: Tomato Brushetta, Lo Cal
Categories: Appetizers, Breads, Low-cal
Servings: 4

8 Slices fr or italian bread	1 Tomato, diced
2 Garlic cloves, halved	1 pn Oregano,dried
1 ts Olive oil	1 pn Ground pepper
2 tb Onion, minced	2 ts Parmesan cheese, optional

Toast bread. Rub one side of hot toast with cut side of garlic. Heat oil in nonstick skillet over medium-high heat; add onion and cook, stirring until tender. Add tomato, oregano and pepper, stir. Spoon tomato mixture over garlic side of hot toast and serve immediately. Alternatively, sprinkle with Parmesan and broil for 1 minute. Per serving (2 slices): 105 cal; 2 g fat; 1 mg cholesterol; 190 mg salt.

---------- Recipe via Meal-Master (tm) v7.05

Title: Wheaten Bread (Maddybenny, Irish)
Categories: Breads
Servings: 1

3	c Flour, whole wheat	1/2	ts Nutmeg, grated
1	c Flour, all purpose	2	c Buttermilk
1	ts Baking soda	1	ts Orange rind, grated
1/2	ts Salt		

In large bowl, stir together whole wheat and all-purpose flours, baking soda, salt and nutmeg. Make a well in centre; add buttermilk and orange rind. Mix just until dough is soft but not sticky. Turn dough out onto lightly floured surface. Knead 10 times. Put dough into greased 8 x 4 in (1.5 L) loaf pan. Bake in 350F (180C) oven 20 minutes. Reduce temperature to 300F (150C); bake 25 to 30 minutes longer or until a cake tester inserted in centre of loaf comes out clean. Turn out onto wire rack.

---------- Recipe via Meal-Master (tm) v7.05

Title: Wild Onion Bread
Categories: Breads
Servings: 1

1 1/2	oz Package onion soup mix	3/4	c Hot water
1	pk Dry yeast	2	tb Sugar
2	tb Warm water		Egg
2	x Recipies Dry Baking Mix	1	c Sourdough Starter

Add soup mix to 3/4 cup hot water;let stand until lukewarm. In a separate container, soften yeast and sugar with 2 tablespoons warm water.Beat soup mixture and yeast mixture together with egg, 1 cup Dry Baking Mix and Sourdough Starter. Stir in remaining Dry Baking Mix to make a stiff dough. Place on a floured surface;knead until smooth and elastic. Place in a greased bowl, turning to grease top. Cover and let rise for 2 hrs. Shape into a round loaf. Place on a greased pan, cover and let rise 45 mins. Bake in a 375 Deg. oven for 35 mins.

---------- Recipe via Meal-Master (tm) v7.05

Title: Cream Biscuits
Categories: Breads, Londontowne
Servings: 1

4	c Flour	1	ts Salt
3	ts Cream of tartar	1 1/2	ts Baking soda
1/4	c Butter	2	c Cream or "Half and Half"

Sift dry ingredients. Cut in 1/4 cup of butter. Add the cream. Roll out on a floured board. Cut with a 2-inch cutter. Bake on an ungreased pan in a hot oven of 400 degrees for 12 to 15 minutes or until golden brown. Mrs. William C. Edmonston

---------- Recipe via Meal-Master (tm) v7.05

Title: Corn Fritters
Categories: Breads, Londontowne
Servings: 16

1 1/2	c	Sifted flour	1 1/2	ts	Baking powder
1	ts	Salt	16	oz	Can cream style corn
1		Egg, slightly beaten	1	c	Corn oil
		Powdered sugar			

Sift together dry ingredients. Mix together corn and egg. Add dry ingredients. Stir slowly. Heat oil in large skillet over medium heat. Drop batter by tablespoonfuls into hot oil, one layer at a time. Fry about 2 minutes on each side until golden brown. Drain on absorbent paper, and dust with powdered sugar if desired. Makes 16 fritters. Mrs. John P. Elberti

---------- Recipe via Meal-Master (tm) v7.05

Title: Frances Cook's Bread & Rolls
Categories: Breads, Londontowne
Servings: 24

3/4	c	Milk	1		Fresh cake yeast
1/4	c	Sugar	3	tb	Shortening
1	ts	Salt	1		Egg
3 1/2	c	Flour	1/4	c	Lukewarm water

Scald milk and pour over sugar, shortening, & salt. Let it cool to lukewarm while softening yeast in a small bowl with the warm water. When soft, add the egg and beat together slightly. Pour the yeast/egg mixture into the milk mixture and stir them together.

The flour may be sifted or poured into the liquid. With a large spoon, stir until flour/milk is well mixed. You should have a firm, but not stiff dough. Without removing it from the bowl, cover the dough with a plate or towel and set aside to rise until double in bulk (about 2 hrs depending on the temperature in the kitchen). Instead of letting the dough rise at this point you may put it in the refrigerator and use it later, or the next day. Watch to make sure it doesn't spill out of the bowl. If it starts to spill before you're ready to use it, punch it back down. Refrigerated dough is easier to handle but takes longer to rise.

BREAD: If you want to make bread, dump the dough out of the bowl onto a floured surface and with more flour as needed to keep it from sticking, knead it until springy and easy to handle. This dough does not require a lot of kneading; only enough to make it easy to handle. For 2 medium size loaves cut the dough in half and knead/shape each into loaves and put into greased baking pans. Allow about 2 hours for the dough to double again. Bake in a 375 degree oven until lightly browned on top (if uncertain whether or not bread is done, tip out of pan and see if bottom is browned too).

ROLLS: To make rolls, work and knead dough until springy and easily handled. Roll out with a rolling pin and cut with a biscuit cutter and fold over and place on a greased cookie sheet (Parkerhouse rolls), or break dough into small pieces, make into little balls and place 3 in each section of a greased muffin pan (Cloverleaf rolls).

SWEET ROLLS: For Christmas bread or sweet rolls, roll out dough as for Parkerhouse rolls, except trying to make an oblong instead of a round. Spread it with raisins and sprinkle with cinnamon and sugar. Dot with butter and roll as for a jelly roll. Slice and place on a greased pan or make into a circle and make slashes through the dough at intervals. Let rise and bake as for loaves. Top with an icing made of confectioners' sugar, melted butter, milk, and vanilla or rum flavoring and drizzle over the bread or rolls while hot. Decorate with nuts or fruits.

If you want to make a whole wheat bread, use half white and half whole wheat flour, and use brown sugar instead of white. The amounts above will

yield 1 large or 2 medium loaves of bread, or 2 dozen large rolls.
Mrs. Harold T. Cook

---------- Recipe via Meal-Master (tm) v7.05

Title: Angel Biscuits (no rising necessary)
Categories: Breads, Londontowne
Servings: 1

1	Cake yeast	3 ts	Baking powder
2 tb	Lukewarm water	4 tb	Sugar
5 c	Plain flour	1 ts	Salt
1 ts	Soda	1 c	Shortening
2 c	Buttermilk		

Dissolve yeast in water. Into a bowl, sift flour with other dry ingredients. Cut in shortening, add buttermilk, then add yeast mixture. Stir until all flour is dampened. Knead on floured board a minute, roll to desired thickness, and cut with a biscuit cutter. Bake at 400 degrees about 12 minutes. Dough may be kept refrigerated and used about a week. Mrs. Leslie M. Smith

---------- Recipe via Meal-Master (tm) v7.05

Title: Old Time Cornbread
Categories: Breads, Londontowne
Servings: 1

2	Eggs	1 1/2 c	Buttermilk
1 ts	Salt	3/4 ts	Soda
1 1/2 c	Cornmeal	3 tb	Lard, melted
1 c	Flour		

Beat eggs, milk, and lard together. Add remaining ingredients and mix well. Pour into greased 11" X 7" X 2" and bake in hot (400) oven about 30 minutes.

---------- Recipe via Meal-Master (tm) v7.05

Title: Irish Bread
Categories: Breads, Londontowne
Servings: 1

1/4 lb	Butter	2 1/2 ts	Baking powder
1/2 c	Sugar	1/4 ts	Salt
2	Eggs	1 c	Milk
2 1/2 c	Flour	1 c	Raisins

Cream butter and sugar. Mix flour, salt, baking powder, and add to butter mixture alternately with milk. Add raisins. Pour into 8" X 8" pan. Bake at 350 degrees one hour. Mrs. Bernard Mahon

---------- Recipe via Meal-Master (tm) v7.05

Title: Yorkshire Pudding
Categories: Breads, Londontowne
Servings: 2

2	Eggs	1 1/2 c	Flour
	Salt, pinch		Milk

2 tb Beef fat

Beat eggs and salt slightly with fork. Add flour gradually, beat, add milk a little at a time until smooth. Add more milk to make a batter like a rather thin pancake batter. Let stand 1 hour. Put 2 tablespoons beef fat in baking pan and heat in oven. Pour batter on hot fat. Bake 20 minutes in 425 degree oven. The PERFECT accompaniment to Rib Roast! Mrs. William McG. Harlow

---------- Recipe via Meal-Master (tm) v7.05

Title: Tex-mex Cornbread
Categories: Breads, Spicy, Tex-mex
Servings: 8

2		Egg	1	tb	Baking Powder
2/3	c	Salad oil	1 1/2	ts	Salt
1	c	Sour cream	2		Green Onion Tops chopped fin
1	c	Corn meal, yellow	4		Jalapeno Peppers sm chpped
3/4	c	Cream style corn	1	c	Cheddar cheese, grated

Combine all ingredients except cheese...add half the cheese..pour into a well greased 8/12 pan and rest of cheese bake 425 20-25 min from"Deep in the Heart of Texas" received from YLR in cookbook swap

the needler Notes: I used 1 cup of cream style corn, that is what is in those little cans and I used one with no salt. I thought it was a bit oily for my taste, so next time I would use less oil maybe about a half cup. I used 3 heaping tablespoons of Ortego hot chopped Jalopenos...I would use more next time..it was ok but I like it hotter. It was fine for those who dont like it really hot. frances *the needler*

---------- Recipe via Meal-Master (tm) v7.05

Title: ITALIAN LOAF
Categories: Meats, Breads, Italian
Servings: 8

1	cn	Refrigerated prepared pizza - crust dough (10 oz)	1	pk	Frozen spinach; (10 oz) - thawed and drained
4	c	Mozzarella cheese; grated	1		Egg; lightly beaten
1	lb	Spicy pork sausage, browned - and drained	1		7 oz jar diced pimientos, - drained
1/2	c	Tomato sauce	1	pk	Sliced pepperoni; 3 oz
1	ts	Oregano flakes	12		Large pimiento-stuffed green
1/2	ts	Basil flakes			- olives, cut in half

Preheat oven to 400F. Unroll dough and cut off one-fourth of dough crosswise; set aside. Line a greased 9 1/4x5 1/4x2 1/2-inch loaf pan with the large piece of dough. Moisten the dough with water at corners and press to seal. Place one-half of the cheese on the bottom of the dough and top with sausage. Spoon tomato sauce over sausage and sprinkle with oregano and basil. Combine spinach with egg and spread over tomato sauce. Layer pimientos on top of spinach and top with remaining cheese. Arrange the pepperoni on top of the cheese layer. Top with olive halves. Cover filling with reserved dough and crimp edges of dough to seal. Cut slits in top of dough to allow steam to escape. Bake 50 minutes or until crust is well browned (if crust browns too quickly, cover loosely with aluminum foil). Allow to cool 10 minutes before removing from pan and cutting into slices.

---------- Recipe via Meal-Master (tm) v7.05

Title: Pumpkin Bread with Streusel Topping
Categories: Breads, Echo
Servings: 1

1 2/3 c All-purpose flour, sifted
1/4 ts Baking powder
1 ts Baking soda
1/8 ts Salt
1/2 ts Cinnamon
1/2 ts Nutmeg
1/3 c Butter, softened
1 1/3 c Granulated sugar
1/2 ts Vanilla
2 Eggs
1 c Pumpkin puree
1/3 c Sherry
Orange slices, for garnish

----------STREUSEL TOPPING----------

2/3 c Brown sugar, packed
2 tb Butter
3 1/2 tb All-purpose flour
1/2 ts Ground ginger
1/4 c Chopped walnuts

Makes one 9-by-5-inch loaf

Preparation time: 30 min. Baking time: 50 to 60 min. Oven Temperature: 350 degrees F.

1. Sift together dry ingredients. Set aside.
2. Cream butter with sugar until light and fluffy. Add vanilla, eggs and pumpkin puree. Beat well.
3. Mix pumpkin mixture with flour mixture and sherry. Blend just until ingredients are combined.
4. Pour into a greased and floured 9-by-5-inch loaf.
5. For streusel, cream butter with sugar. Add flour and ginger. Blend with hands to form small crumbles. Add walnuts.
6. Sprinkle streusel topping evenly over batter.
7. Bake at 350 degrees F for 50 to 60 minutes.
8. Cool on rack for 10 minutes. Remove from pan. Serve warm or at room temperature. Garnish with orange slices, if desired. The "LaRK" (Cooking, WP51, Chatter)

~-- EZPoint V2.2
* Origin: "LaRK's" Place (1:343/26.3)

*** See also #52. From: Lawrence Kellie To: Cindy Vincent Msg #52, Mar-22-93 05:54:00 Subject: Re: I need recipes!!

1 recipe

---------- Recipe via Meal-Master (tm) v7.05

Title: CRANBERRY RAISIN BREAD
Categories: Breads, Holidays, Christmas, California, Echo
Servings: 4

-CALIFORNIA HERITAGE CONTI

Cranberry Raisin Bread

Serve this bread warm topped with Cranberry Butter (below) on Christmas morning.

4 cups flour 1.3/4 cups sugar 1 Tablespoon baking powder 1.1/2 teaspoons salt 1 teaspoon baking soda 1/2 cup unsalted butter 2 large eggs 1.1/2 cups orange juice 1 Tablespoon finely grated orange peel 2 cups fresh cranberries, washed, stemmed and copped (or frozen cranberries, thawed and patted dry) 1 cup raisins

Preheat the oven to 350 degrees. In a large bowl, combine flour, sugar, baking powder, salt and baking soda. With a pastry blender or fork, cut in butter until the mixture makes coarse crumbs. In another bowl beat eggs,

orange juice, and orange peel until well blended. Stir in flour mixture. Gently fold in cranberries and raisins. Pour batter into 2 buttered 9-inch x 5-inch-x 3-inch loaf pans and bake for 1 hour and 10 minutes, or until a toothpick inserted in center comes out clean. Cool in pans on rack for 10-15 minutes before removing from pans.

Cranberry Butter: 1 cup fresh cranberries, washed and stemmed (or frozen cranberries, thawed and patted dry) 1.1/2 cups powdered sugar 1/2 cup unsalted butter, softened 1 Tablespoon lemon juice

In a food processor puree the cranberries with the sugar. Add the butter and lemon juice, and blend until smooth. Transfer to a serving bowl and chill, covered, until firm

From: California Heritage Continues California Heritage Continues received from Debbie Applebury in the December Cookbook Swap Converted from Qbook format Source: CALIFORNIA HERITAGE CONTINUES

Posted on Genie C03 T25 M366 S.MEASE [COOKIE LADY] on 12/19/91
MMMMM The "LaRK" (Cooking, WP51, Chatter)

~-- EZPoint V2.2
* Origin: "LaRK's" Place (1:343/26.3)

*** This is a reply to #52. *** See also #54. From: Lawrence Kellie To: Cindy Vincent Msg #54, Mar-22-93 05:56:00 Subject: Re: I need recipes!!

1 recipe

---------- Recipe via Meal-Master (tm) v7.05

Title: Maple Biscuits
Categories: Breads, Echo
Servings: 16

2 c Sifted flour	5 tb Shortening
3 ts Baking powder	2/3 c Milk (about)
1/2 ts Salt	

Sift flour with baking powder and salt. Cut in shortening until mixture is as fine as corn meal. Add milk, mixing until a soft dough is formed. Knead lightly on floured board for about 20 seconds. Roll to about 1/4 inch thickness and spread well with soft butter. Now spread one half of the dough very generously with maple sugar which has been scraped from the pail. Fold the other half of buttered dough over the sugared half. Cut in 1 inch squares and place thightly together in buttered baking pan. Bake quickly in 450 F. for 15 minutes.

From: Vermont Cook Book Shared By: Pat Stockett
MMMMM The "LaRK" (Cooking, WP51, Chatter)

~-- EZPoint V2.2
* Origin: "LaRK's" Place (1:343/26.3)

*** This is a reply to #50. *** See also #92. From: Lawrence Kellie To: David Packham Msg #92, Mar-22-93 05:46:00 Subject: Re: Biscuit Recipe Wanted

1 recipe

DP> Thanks in Advance

DP> >-->-->-D-A-V-E------> MMMMM----- Recipe via Meal-Master
DP> (tm) v7.04

---------- Recipe via Meal-Master (tm) v7.05

Title: Truly Yeast Bread (gluten Free)
Categories: Celiac, Breads
Servings: 6

3	c	GF Flour Mix (recipe -follows)	1/2	c	Lukewarm water
1/4	c	Sugar	1 1/2		Yeast cakes, or 1 1/2 -tablespoons yeast granules
3 1/2	ts	Xanthan gum	1/4	c	Shortening
2/3	c	Dry milk powder	1 1/4	c	Water
1 1/2	ts	Salt	1	ts	Vinegar
2	ts	Sugar	3		Eggs

It is not easy to turn out a yeast bread recipe without wheat that smells, slices and tastes like wheat bread. This recipe is adapted from the nutrition dept. of the Univ. of Washington School of Medicine.

Combine flour, sugar, xanthan gum, milk powder, and salt in bowl of heavy duty mixer. Use your strongest beaters.

Dissolve the 2 teaspoons of sugar in the 1/2 cup of lukewarm water and mix in the yeast. Set aside while you combine the shortening and 1 1/4 cups water in saucepan and heat until shortening melts.

Turn mixer on low. Blend dry ingredients and slowly add shortening and water mixture and the vinegar. Blend, then add the eggs. This mixture should feel slightly warm.

Pour the yeast mixture into the ingredients in the bowl and beat at highest speed for 2 minutes.

Place mixing bowl in a warm place, cover with plastic wrap and a towel, and let the dough rise approximately 1 to 1 1/2 hours or until doubled. Return to mixer and beat on high for 3 minutes. Spoon the dough into 3 small (2 1/2" x 5") greased loaf pans or 1 large one. Use muffin tins and bake any remaining as small rolls. Or make all rolls (approximately 18).

Let rise until the dough is slightly above the top of pan. Bake in preheated 400 degree oven for 10 minutes. Place foil over bread and bake large loaves 50 minutes longer, small loaves slightly less time, and rolls about 25 minutes.

NOTES: The dough texture will seem more like cookie dough than bread dough, so don't be alarmed. Bread is better when baked in small loaf pans and delicious in rolls. I have successfully doubled the recipe to turn out 2 large loaves plus 18 rolls in the muffin tins or 3 small 2 1/2" x 5" loaves plus 24 rolls. This bread freezes well. For convenience, slice before freezing. This bread may be made with either brown or white rice flour in the GF flour mix.

GF flour mix: 2 parts white rice flour 2/3 part potato starch flour 1/3 part tapioca flour

Source: The Gluten-Free Gourmet by Bette Hagman

NOTE: The book says xanthan gum is necessary for all yeast recipes to help make the breads springy and chewy. It helps to replace the gluten the rice and potato flours lack.

Posted by Patty Smith.

---------- Recipe via Meal-Master (tm) v7.05

Title: Annie Mae Jones' Buttermilk Biscuits
Categories: Breads, Biscuits
Servings: 18

3	c	Flour,all-purpose,sifted	2/3	c	Shortening
1	ts	Salt	1	c	Buttermilk
1/2	ts	Baking soda	4	tb	Butter (opt)
3	ts	Baking powder			

1. Preheat oven to 450'F.

2. Sift flour, salt, soda, and baking powder into mixing bowl. Cut in shortening, using 2 knives, a pastry cutteror your hands dusted with flour. Add sufficient buttermilk to make a soft dough. Knead lightly and turn out onto a lightly floured board. Roll out to 1/2" thickness and cut with biscuit cutter into rounds. Place rounds not touching - for crisper biscuits - or close together - for softer biscuits - on ungreased baking sheet. Brush with melted butter if desired and bake in preheated oven 12-15 minutes, or until firm and lightly browned.

---------- Recipe via Meal-Master (tm) v7.05

Title: Annie Mae Jones' Sweet Potato Biscuits
Categories: Breads, Biscuits
Servings: 14

1	c	Flour,all-purpose	2	tb	Shortening
3	ts	Baking powder	1	c	Sweet potatoes,mashed
1	ts	Salt	1/2	c	Milk

1. Preheat oven to 400'F.

2. Sift flour, baking powder, and salt into mixing bowl. Cut in shortening. Add potatoes and mix thoroughly, then add enough milk to make a soft dough. Turn out onto a lightly floured board and roll out to about 1/2" in thickness. Cut into squares.

3. Place squares not touching on ungreased baking sheet bake in preheated oven for 12-15 mimutes.

4. Serve warm, split, and spread with room-temperature butter.

---------- Recipe via Meal-Master (tm) v7.05

Title: Peanut Putter Biscuits
Categories: Breads, Biscuits
Servings: 9

2/3	c	Milk	2	c	Biscuit mix
1/4	c	Peanut butter	3		Bacon slices*

* - cooked crisp, drained, and crumbled.

1. Preheat oven to 400'F.

2. Place milk and peanut butter in a deep bowl or blender container and beat at high speed until smooth and well blended. Combine biscuit mix and bacon; stir lightly. Add milk and peanut butter mixture all at once and stir with a fork until dough clings together. Turn out on a lightly floured board and knead gently a few times, then pat out to about 3/4" thickness. Cut into 2" rounds. Bake on an ungreased cookie sheet for 10-15 minutes, or until lightly browned.

---------- Recipe via Meal-Master (tm) v7.05

Title: Garlic Cheese Biscuits
Categories: Breads, Lrk, Echo
Servings: 12

-From the Kitchen of
-Lawrence & Cindy Kellie
2 c Bisquick
2/3 c Milk
1/2 c Cheddar cheese
-shredded (2oz)
1 tb Chives
1/4 c Butter
-melted
1 Garlic clove -=OR=-
-minced fine
1/2 ts -garlic powder

Pre-heat oven to 450 degrees

Melt butter with garlic. Set aside and keep warm.

Mix baking mix, milk, chives and cheese until a soft dough forms- beat vigorously 30 seconds.

Drop dough by spoonfuls onto ungreased cookie sheet. Bake 8 to 10 minutes or until golden brown.

Brush garlic/butter mix over warm biscuits before removing from cookie sheet.

Makes 10 to 12 biscuits. (Unless ya like 'em real big)
MMMMM The "LaRK" (Cooking, WP51, Chatter)

~-- EZPoint V2.2
* Origin: "LaRK's" Place (1:343/26.3) *** This is a reply to #146. *** See also #148. From: Lawrence Kellie To: David Packham Msg #148, Mar-22-93 05:47:42 Subject: Re: Biscuit Recipe Wanted

1 recipe

DP> Thanks in Advance

DP> >-->-->-D-A-V-E------>

---------- Recipe via Meal-Master (tm) v7.05

Title: Cranberry-Orange Nut Bread
Categories: Breads, Holiday, Lrk, Echo
Servings: 2

4 c Flour
1 1/2 c Sugar
3 ts Baking powder
1 1/2 ts Salt
1 ts Baking soda
1/2 c Butter
-or margarine, softened
2 ts Grated orange peel
1 1/2 c Orange juice
2 Egg
2 c Cranberries
-chopped
1 c Nuts
-chopped

Preheat oven to 350F. Grease bottom of 9x5 inch loaf pan. In large bowl, combine flour, sugar, baking powder, salt and baking soda. With pastry blender or fork, mix in butter until mixture is crjmbly. Stir in orange peel, orange juice and egg just until flour is moistened. Stir in cranberries and nuts.

Spread batter in prepared pan. Bake 55-65 minutes, or until wooden toothpick inserted in center comes out clean. With spatula, loosen edges of loaf; remove from pan to wire rack to cool completely. Slice to serve.

From: Woman's Day Best Ideas of Christmas

MMMMM The "LaRK" (Cooking, WP51, Chatter)

~-- EZPoint V2.2
* Origin: "LaRK's" Place (1:343/26.3)

*** This is a reply to #150. *** See also #152. From: Lawrence Kellie To: Cindy Vincent Msg #152, Mar-22-93 05:55:08 Subject: Re: I need recipes!!

1 recipe

---------- Recipe via Meal-Master (tm) v7.05

Title: STICKY ORANGE MUFFINS
Categories: Breads, Cunningham, Both, Breakfasts, Echo
Servings: 12

2		Oranges	1	ts	Salt
1/4	c	Honey	1/2	c	Sugar
2	c	Flour	2		Eggs; slightly beaten
1/2	c	Uncooked oatmeal -(not instant)	2/3	c	Milk
			5 1/2	tb	Butter; melted
1	tb	Baking powder			

PREHEAT OVEN TO 400F. Either grease the muffin pans or line them with paper baking cups. Using the small side of the grater, grate the rind from the oranges, removing only the bright orange part, and set aside. With a small, sharp knife, remove all the remaining peel and, if necessary, trim the oranges all around so that the slices will fit into the bottom of your muffin pans. Cut the oranges into slices about 1/4-inch thick, pick out all the seeds and set the slices aside. Put about 1 teaspoon honey in the bottom of each muffin cup, and place an orange slice on top. Combine the flour, oatmeal, baking powder, salt and sugar in a large mixing bowl, and stir with a fork or wire whisk to mix. Add the reserved grated orange rind, the eggs, milk, and melted butter, and stir just until mixed. Spoon the batter over the orange slices, filling each cup about 2/3 full. Bake for 15-to-20 minutes, or until a toothpick inserted in the center of a muffin comes out clean. Remove from the oven and serve warm.

MARION CUNNINGHAM

PRODIGY GUEST CHEFS COOKBOOK
MMMMM The "LaRK" (Cooking, WP51, Chatter) ðà€ààààþààþ-- EZPoint V2.2
* Origin: "LaRK's" Place (1:343/26.3) *** This is a reply to #152. *** See also #154. From: Lawrence Kellie To: Cindy Vincent Msg #154, Mar-22-93 05:55:58 Subject: Re: I need recipes!!

1 recipe

---------- Recipe via Meal-Master (tm) v7.05

Title: Ada's Molasses Nut Bread
Categories: Breads, Holiday, Both, Echo
Servings: 1

2 3/4	c	Flour; sifted all-purpose	1/2	c	Seedless raisins
2	ts	Baking powder	3/4	c	Molasses
1/4	ts	Soda	1		Egg; beaten
1/2	ts	Salt	1/4	c	Shortening; melted or oil
1/4	c	Sugar	2	ts	Grated orange rind
1/2	c	Nut meats; chopped			

Mix together and sift flour, baking powder, soda, salt and sugar into a mixing bowl; add nut meats and raisins and mix together. Combine the milk, molasses, egg, shortening and orange rind; add to dry mixture and

stir only enough to dampen flour. Bake in a greased bread pan, 10x5x3 inch, in a moderate oven, 350 degrees F., for 1 1/4 hours.

This recipe makes a large loaf of fruit bread.

From THE FLAVOR OF MAINE by Brownie Schrumpf. A culinary special published by The Bangor Daily News. @ 1976.

Shared by Robert Rostrup. The "LaRK" (Cooking, WP51, Chatter)

~-- EZPoint V2.2
* Origin: "LaRK's" Place (1:343/26.3)

*** This is a reply to #153. *** See also #155. From: Lawrence Kellie To: Cindy Vincent Msg #155, Mar-22-93 05:56:16 Subject: Re: I need recipes!!

1 recipe

---------- Recipe via Meal-Master (tm) v7.05

Title: Oatcakes (not Sweet)
Categories: Breads, Scottish, Mine
Servings: 1

3 1/2 c Oats; quick	1/2 c Shortening
1 ts -salt	1/2 c -water ,approx.
2 tb Flour	

Combine the oats, salt and flour. Cut in the shortening and add enough water to dampen and form a ball. (A food processor does the work in a jiffy). Leave to swell for ten minutes. Divide the dough and roll each part to 1/8" thickness; slide onto ungreased cookie sheet, indent in squares with a pastry wheel or knife. Bake in 350F for about 1/2 hour but watch that they don't turn brown. Sweet Oatcake: Add 1 cup sugar to recipe. Anne's note: That recipe is labelled "Bannock" in the title in cookbook but it far more a non sweet oatcake in the tradition of Walker's oatcakes (it appears as "oatcakes" in the book's index. Source: _More Baking with Schmecks Appeal_)

---------- Recipe via Meal-Master (tm) v7.05

Title: Pictou County Oatcakes
Categories: Breads, Scottish, Mine
Servings: 1

2 c Oatmeal	3/4 c Shortening
1 c Flour	1/4 ts Baking soda
1 c Brown sugar	1/4 c -boiling water
1 ts -Salt	

Combine dry ingredients and cut in shortening. Dissolve baking soda in the boiling water and add, continuing to mix with a knife. Mold with the hands and shape into a long wedge. Slice off and bake in a 400F oven for 10 minutes. This recipe comes from the county where the Scots first landed in Canada (and where my dad was born.) To quote the author, "Our Scottish ancestors used "real" oatmeal when they made their favorite oatcakes. However sugar did creep in, as indicated by this 75 year old recipe. (The book was published in 1971 so the recipe would be form the year 1894.) Source: _Out of Old Nova Scotia Kitchens_

---------- Recipe via Meal-Master (tm) v7.05

Title: PASTA DOUGH (Manual Pasta Machines ONLY)
Categories: Italian, Breads
Servings: 1

2 1/3	c	All purpose flour	2	lg	Eggs
		(for better pasta, use	1	tb	Olive oil
1 1/3	c	AP flour and	1/2	ts	Salt
1	c	Semolina flour)	1/3	c	Water

Mix 2 cups flour and salt in bowl, reserve 1/3 cup for later. Make a well in the center Mix eggs, olive oil and water and pour into well. Stir flour into egg mixture until dough forms into a ball. Turn out onto floured surface and kneed for about 10 minutes, adding extra flour if too moist. Kneed until dough is smooth and elastic. Cover with towel and rest for 30 minutes. Cut into 4 portions, keep pieces covered until used.

Get out your machine and set dial on widest setting (1 on the Atlas). Flatten dough ball and run through rollers several times until smooth (you may add a bit of flour here too). Move rollers to next setting and roll again once. Continue to roll until pasta is the proper thickness (5 or 6 on the Atlas). You may cut sheet in half if it's too long. Continue with other pieces and then put the finished sheet aside to dry for about 3 minutes. Attach desired pasta cutters and run the sheets through.

You can use right away or spread out the pasta to dry overnight and then freeze extra.

To cook, drop into large pot of boiling water with a bit of salt and oil. Cook until al dente, which should only take about 2 minutes for fresh.

A tip - be sure the dough is fairly dry, otherwise it won't cut into separate strands.

Another tip - You can substitute heavy cream for the 1/3 c water for a richer pasta. Great for fettuchini alfredo.

---------- Recipe via Meal-Master (tm) v7.05

Title: BRENDA'S ITALIAN BREAD
Categories: Breads
Servings: 2

5 1/2	c	Unsifted flour			(120 to 130 degrees)
1	tb	Salt			Cornmeal
1	tb	Sugat			Corn or other vegetable oil
1	tb	Butter or margerine	1		Egg white
2		Pkgs active dry yeast	1	tb	Cold water
1 3/4	c	Very warm tap water			

With the metal blade in place, add 3 cups flour, salt, sugar, butter and yeast to bowl of processor. Turn machine on and off rapidly 2 or 3 times or until butter is thoroughly cut into dry ingredients. Add half the water and turn processor on and off 4 times. Add 1 1/2 cups flour and remaining water. Repeat on/off turns 4 times, then let processor run until a ball of dough formson the blades. If the dough is too sticky (wet), add remaining flour a few tablespoons at a time. When correct consistency, let processor run 40 to 60 seconds to knead dough.

Turn dough out onto a lightly floured board and knead several times to form a smooth ball. Cover with plastic wrap and a towel. Let rest 20 minutes. Divide dough in half. Roll each half into an oblong 15 x 10 inches. Beginning at wide side, roll tightly Pinch seam to seal and taper ends by rolling gently back and forth. Place on greased baking sheets sprinkled with cornmeal. Brush dough with corn oil. Cover loosely with plastic wrap. Refrigerate 2 to 24 hours.

When ready to bake, remove from refrigerator. Uncover dough carefully and let stand at room temperature for 10 minutes. Make 3 ro 4 cuts on top of each loaf with edge of metal blade or sharp knife. Bake at 425 degrees for 20 minutes. Remove from oven and brush with egg white beaten with cold water. Return to oven and bake 5 to 10 minutes longer or until golden brown. Remove from oven and cool on a wire rack.

---------- Recipe via Meal-Master (tm) v7.05

Title: BASIL-PARMESAN SCONES
Categories: Breads, Appetizers
Servings: 4

1	Recipe buttermilk bisquits	Dash garlic & onion
1/2 c	Parmesan	Powder, black pepper
1 tb	Basil	

There's a bakery near me called Aunt Mary's (are you listening, Sallie?) and they have the most wonderful basil-parmesan scones. One day I experimented and was pleased to find a pretty good facsimile.

Just add the above ingredients along with all the other dry ingredients and proceed as above. These are a nice change of pace from Italian or garlic bread. Or cut with smaller cutter and serve as appetizer (don't forget to reduce baking time if smaller).

---------- Recipe via Meal-Master (tm) v7.05

Title: Bacon And Onion Muffins
Categories: Breads, Main dish, Breakfast
Servings: 6

1/2 lb	Bacon, Diced	1/2 ts	Salt
1/4 c	Chopped Onion	2	Large Eggs, Slightly Beaten
2 1/4 c	Unbleached Flour, Sifted	1/3 c	Milk
3 ts	Baking Powder	1 c	Dairy Sour Cream
1/2 ts	Baking Soda		Sesame Seeds

Fry bacon until crisp in skillet. Remove with slotted spoon and drain on paper towels. Saute onion in 1 T bacon drippings until tender (do not brown). Set aside to cool. Sift together flour, baking powder, baking soda and salt in large mixing bowl. Combine eggs, milk and sour cream in small bowl; blend well. Add all at once to dry ingredients, stirring just enough to moisten. Stir in bacon and sauteed onion. Spoon batter into greased 2 1/2-inch muffin-pan cups, fill 2/3rds full. Sprinkle with sesame seeds. Bake in 375 degree F. Oven 18 to 20 minutes or until golden brown. Serve hot with homemade jelly or jam.

---------- Recipe via Meal-Master (tm) v7.05

Title: Banana Nut Muffins
Categories: Main dish, Breakfast, Breads
Servings: 6

2 c	Unbleached Flour, Sifted	1 c	Sugar
3 ts	Baking Powder	2	Large Eggs
1/2 ts	Salt	1 1/3 c	Mashed Ripe bananas (3 Med.)
1/2 c	Shortening	1 c	Chopped Walnuts

Sift together flour, baking powder and salt; set aside. Cream together shrtening and sugar in bowl until light and fluffy, using electric mixer at medium speed. Beat in eggs, one at a time, blending well after each

addition. Stir in mashed bananas. Add dry ingredients all at once, stirring just enough to moisten. Gently mix in chopped nuts. Spoon batter into greased 3-inch muffin-pan cups, filling 2/3rds full. Bake in 350 degree F. oven 20 minutes or until golden brown. Serve hot with homemade jam or jelly.

---------- Recipe via Meal-Master (tm) v7.05

Title: Heirloom Raisin Muffins
Categories: Breads, Breakfast
Servings: 4

1	c	Raisins	
1	c	Water	
1/2	c	Butter/Regular Margarine	
1/4	c	Sugar	
2		Large Eggs	
1 1/2	c	Unbleached Flour, Sifted	
1	ts	Baking Powder	

Combine raisins and water in saucepan. Bring to a boil, reduce heat and cover. Simmer 20 minutes. Drain raisins, reserving liquid. Add enough water to reserved liquid to make 1/2 cup. Cool well. Cream together butter and sugar in bowl until light and fluffy, using electric mixeer at medium speed. Add eggs, beat 2 more minutes. Sift together flour and baking powder. Add flour mixture alternately with 1/2 cup of reserved raisin liquid into creamed mixture, mixing well after each addition. Stir in raisins. Spoon batter into greased 3-inch muffin-pan cups, filling 2/3rds full. Bake in 400 degree F. oven 18 minutes or until golden brown. Serve hot with homemade jam or jelly.

---------- Recipe via Meal-Master (tm) v7.05

Title: Country Bran Muffins
Categories: Breads, Breakfast, Main dish
Servings: 8

1	c	40% Bran Flakes Cereal	
1	c	Boiling Water	
2 1/2	c	Unbleached Flour, Sifted	
2 1/2	ts	Baking Soda	
1/2	ts	Salt	
1/2	c	Shortening	
1 1/2	c	Sugar	
2		Large Eggs	
2	c	All-Bran Cereal	
2	c	Butter/Sour Milk	

Combine 40% Bran Flakes and boiling water in bowl. Let stand 10 minutes. Sift together flour, baking soda and salt; set aside. Cream together shortening and sugar in large mixing bowl until light and fluffy, using electric mixer at medium speed. Add eggs, one at a time, beating well after each addition. Stir in Bran Flakes mixture and all-bran into creamed mixture. Add dry ingredients alternately with butter/sour milk to creamed mixture, mixing just enough to moisten. Spoon batter into well-greased 1 1/2-inch muffin-pan cups, filling 2/3rds full. Bake in 400 degree F. oven 25 minutes or until golden brown. Serve hot with butter and jam. NOTE: Batter can be stored for a few days in the refrigerator. Bake as directed.

---------- Recipe via Meal-Master (tm) v7.05

Title: Sour Cream Brittlebread
Categories: Cajun, Appetizers, Breads
Servings: 10

2 3/4	c	All-purpose flour	
1/4	c	Sugar	
1/2	ts	Baking soda	
1/2	c	Butter	
1	c	Sour cream	
2	tb	Creole seasoning	
2	tb	Kosher salt for sprinkling	

Preheat the oven to 400F. Sift together the flour, sugar, salt, and baking soda into a bowl or food processor. Cut in the butter. Add the sour cream and Creole Seasoning (see recipe for Creole Seasoning), and mix to a soft dough. Roll out paper-thin on a floured board. Cut into 1-1/2 inch squares. Sprinkle with kosher salt and place on an ungreased baking sheet. Bake for 5-8 minutes. Turn off the heat and allow the bread to crisp in the oven. Nathalie Dupree describes this recipe in her book "New Southern Cooking" this way; "This crisp, cracker-like bread is good just flavored with salt and sour cream. But add Creole Seasoning and you'll have a hot and spicy appetizer that will leave your guests begging for the recipe. It's nice to keep a big airtight cookie jar full of these for snacking."

---------- Recipe via Meal-Master (tm) v7.05

Title: Pepper Biscuits
Categories: Cajun, Breads
Servings: 12

2 1/2 c	All purpose flour	1/2 ts	Baking soda
1 tb	Baking powder	3/4 c	Shortening
1/2 ts	Salt	1 c	Buttermilk
1 tb	Coarse cracked black pepper		

Preheat oven to 450-500F. Sift 2 cups of the flour with the baking powder, salt, pepper, and baking soda into a bowl. Cut in the shortening with a pastry blender or fork, or work it in with your fingers. Add the buttermilk to make a soft dough, mixing just until the dough holds together. Flour your hands. Pull of a piece of dough the size of a biscuit and dip the wet edge into the extra flour. The roll or pat into a biscuit. Place slightly touching, on a lightly greased baking sheet. Bake until golden golden brown. 8-10 minutes. From Nathalie Dupree's "New Southern Cooking"

---------- Recipe via Meal-Master (tm) v7.05

Title: Southern Biscuit Muffins
Categories: Cajun, Breads
Servings: 12

2 1/2 c	All-purpose flour	1/4 ts	Sa;t
1/4 c	Sugar	1/4 lb	Plus 2 Tbsp unsalted butter
1 1/2 tb	Baking powder	1 c	Cold milk

In a bowl, combine the flour, sugar, baking powder and salt; mix well, breaking up any lumps. Work the butter in by hand until the mixture resembles coarse cornmeal, making sure no lumps are left. Gradually stir in the milk, mixing just until dry ingredients are moistened. DO NOT OVERBEAT. Spoon the batter into 12 greased muffin cups. Bake at 350F until golden brown, about 35 to 40 minutes. The finished muffins should have a thick crust with a cakelike centre. From Paul Prudhomme's Louisiana Kitchen

---------- Recipe via Meal-Master (tm) v7.05

Title: New Orleans Black Muffins
Categories: Cajun, Breads
Servings: 12

3/4 c	Hot water	3/4 c	Sugar
1/2 c	Molasses	3 tb	Baking powder
1/4 c	Milk	1 ts	Baking soda
2 c	Whole wheat flour	1 ts	Salt

1 c	All-purpose flour	1 1/2 c	Chopped dry roasted pecans

In a medium-size bowl combine the hot water and molasses, stirring until well blended. Stir in the milk until blended.

In a large bowl sift together the flours, sugar, baking powder, baking soda and salt.

With a rubber spatula, fold the liquid mixture and the pecans into the dry ingredients just until flour is thoroughly incorporated; do not over mix. Spoon into 12 greased muffin cups. Bake at 300F until done, 45 minutes to about 1 hour. Remove from pan immediately and serve while hot. From Paul Prudhomme's Louisiana Kitchen

---------- Recipe via Meal-Master (tm) v7.05

Title: Hushpuppies
Categories: Cajun, Breads
Servings: 30

1 c	Cornmeal	1/4 ts	White pepper
1/2 c	All-purpose flour	1/8 ts	Dried oregano leaves
1/2 c	Corn flour	1/4 c	Vy fine chopped green onions
1 tb	Baking powder	1 1/2 ts	Minced garlic
3/4 ts	Ground cayenne pepper	2	Eggs, beaten
1/2 ts	Salt	1 c	Milk
1/2 ts	Black pepper	2 tb	Pork lard
1/2 ts	Dried thyme leaves		Vegetable for deep frying

NOTE: Corn flour is available at health food stores. Combine all the dry ingredients in a large bowl, breaking up any lumps. Stir in the green onions and garlic. Add the eggs and blend well.

In a small saucepan bring the milk and lard (or other fat) to a boil; remove from heat and add to flour mixture, half at a time, stirring well after each addition. Refrigerate 1 hour.

In a large skillet or deep fryer, heat 4 inches of oil to 350F. Drop the batter by tablespoonsfuls into the hot oil. Do not crowd. Cook until dark golden brown on each side and cooked through, about 1 minute per side. Drain on paper towels. Makes about 30 hushpuppies. From Paul Prudhomme's "Louisiana Kitchen"

---------- Recipe via Meal-Master (tm) v7.05

Title: Cheddar Pancakes
Categories: Cheese, Breads
Servings: 6

8 oz	Cheddar; Md, Grated	3/4 ts	Salt
3/4 c	Dairy Sour Cream	1 1/2 ts	Thyme
3	Egg Yolks, Lg, Beaten	1/2 ts	Mustard; Dry
2 tb	Unbleached Flour; PLUS	2 tb	Butter
1 ts	Unbleached Flour		

Set out a heavy skillet. Put the grated Cheddar Cheese in a bowl and add the sour cream and egg yolks, mixing well after each addition. Add the flour salt thyme and dry mustard, which have been mixed well in a separate bowl or cup. Melt the butter in the skillet over low heat and drop the batter by tsp into the skillet. Cook over medium heat until lightly browned on the bottom. Loosen the edges with a spatula, turn and lightly brown the other side. Serve at once with bacon or pork sausage. Makes about 2 dozen 3-inch cakes.

---------- Recipe via Meal-Master (tm) v7.05

Title: Quick Applesauce Muffins
Categories: Breads, Fruits
Servings: 12

2	c	Bisquick	1/4	c	Milk
1/4	c	Sugar			Egg
1	ts	Cinnamon	2	tb	Cooking oil
1/2	c	Applesauce			

----------TOPPING----------

1/4	c	Sugar	2	tb	Butter or margarine, melted
1/4	ts	Cinnamon			

Preheat oven to 350 deg F.
Combine Bisquick, 1/4 cup sugar, and 1 teaspoon cinnamon. Add applesauce, milk, egg amd oil, and beat vigorously for 30 seconds. Fill greased muffin pans 2/3 full and bake 12-15 minutes. Cool slightly and remove from pans.
Mix remaining sugar and cinnamon. Dip tops of muffins in melted buter, then in sugar-cinnamon.
Makes 12.

---------- Recipe via Meal-Master (tm) v7.05

Title: Boston Brown Bread
Categories: Breads, Main dish
Servings: 10

1/2	c	Rye meal or Plain flour	1/2	ts	Salt
1/2	c	Corn Meal	3/8	c	Molasses
1/2	c	Coarse whole wheat flour	1	c	Sour milk
1	ts	Baking Soda	1/2	c	Seedless Raisins

Mix dry ingredients and stir in molasses and sour milk. (To make sour milk, add 1 T Vinegar to 1 cup sweet milk). Grease two #2 tin cans and place rings of waxed paper in bottoms. Divide batter evenly between the two cans, and cover with aluminum foil. Place in covered kettle of boiling water, bring water half way up sides of cans, and boil for two hours. When ready to serve, unmold by running knife around inside of can and shaking out onto plate. Cut thinly and serve with Boston Baked Beans.

---------- Recipe via Meal-Master (tm) v7.05

Title: Shirley's Nut Bread
Categories: Breads
Servings: 10

2	c	Boiling water	2		Eggs
1	c	Raisins	2	ts	Vanilla
2	ts	Baking soda	4	c	Flour
1	c	Oleo (2 sticks)	3/4	c	Chopped nuts
2	c	Sugar			

Boil 2 cups water, add 1 c. raisins and 2 t. baking soda. Let cool. In a large bowl, mix 2 sticks of oleo, 2 c. sugar, 2 eggs and 2 t. vanilla. Alternately add 4 c. flour and butter mixture to the raisin mixture. Add nuts. Bake at 325* for 1 hour in greased loaf pans. Makes two loaves. Great with butter or sprinkled with powdered sugar.

---------- Recipe via Meal-Master (tm) v7.05

Title: DIRTY RICE
Categories: Breads, Cajun

Servings: 2

2	tb Chicken fat	1	ts Black pepper
1/2	lb Chicken gizzards	2	ts Paprika
1/4	lb Ground pork	1	ts Dry mustard
1	Bay leaves	1	ts Cumin
1	Yellow onions	1/2	ts Thyme
1 1/2	Celery stalks	1/2	ts Oregano
1/2	Bell peppers, green	2	tb Butter
1	Garlic cloves	2	c Pork stock
1	ts Tabasco sauce	1/2	lb Chicken livers
1	ts Salt	1	c Rice

Mince onion, bell pepper, celery and garlic. Grind livers and gizzards. Place fat, gizzards, pork and bay leaves in large heavy skillet over high heat; cook until meat is thoroughly browned, about 6 minutes, stirring occasionally. Stir in the onion, celery, bell pepper, garlic, Tabasco, salt, pepper, paprika, mustard, cumin, thyme, and oregano; stir thoroughly, scraping pan bottom well. Add the butter and stir until melted. Reduce heat to medium and cook about 8 minutes, stirring constantly and scraping pan bottom well. Add the stock or water and stir until any mixture sticking to the pan bottom comes loose; cook about 8 minutes over high heat, stirring once. Then stir in the chicken livers and cook about 2 minutes. Add the rice and stir thoroughly; cover pan and turn heat to very low; cook about 5 minutes. Remove from heat and leave covered until rice is tender, about 10 minutes. Remove bay leaves and serve immediately. Source: Chef Paul Prudhomme, Louisiana Kitchen.

---------- Recipe via Meal-Master (tm) v7.05

Title: Apricot Almond Buns
Categories: Breads, Fruits
Servings: 14

4 3/4	c Flour - all purpose	3	tb Margarine
1	c Brown sugar -firm packed	2	Eggs
1/2	ts Salt	1/4	c Margarine - melted
2	pk Yeast	1	c Apricots, chopped dried
1/2	c Milk	1/2	c Almonds, slivered
1/2	c Water		

In a large bowl, mix 1 cup flour, 1/2 cup brown sugar, salt and undissolved yeast.

Heat milk, water and 3 tbs margarine to 120F -130F. Add to dry ingredients; beat 2 minutes at medium speed of mixer. Add eggs and 1 cup flour; beat at high speed 2 minutes. Stir in enough remaining flour to make soft dough. Knead 8 to 10 minutes. Set in greased bowl; grease top. Cover; let rise until doubled, about 1 hour. Punch dough down. Divide in half; roll each to a 14 x 9 inch rectangle. Brush with melted margarine; sprinkle with remaining brown sugar, apricots and almonds. Roll each up from long side; seal seams. Cute each roll into 7 slices. Make 2 cuts in side of each slice, 2/3 the way through. Fan sections; set on greased baking sheet. Cover; let rise until doubled. Bake at 375F 15 to 20 minutes.

Cool. Glaze if desired. From Fleishmanns's Yeast package 11/90

---------- Recipe via Meal-Master (tm) v7.05

Title: Oatmeal Bread
Categories: Breads
Servings: 4

3 1/2	c Water	2	tb Salt
1/2	c Margarine	4	Eggs

1/2	c	Honey	1/2	c	Wheat germ
5 1/2	c	White flour	1/2	c	Cornmeal
4	c	Rolled oats	4 1/2	c	Wheat flour
4	pk	Yeast			

Heat water, margarine, and honey to 120f (48c). Add white flour, oats, yeast, salt, and eggs. Beat in mixer for 3 minutes. Add remaining ingredients, beat at higher speed 3-4 minutes until stiff dough. Knead on floured board til smooth & not sticky. Place in greased bowl, turn over, cover, and let rise 45 minutes til doubled. Punch down, cut into even portions, roll out evenly to 3/8" thickness. Roll like a jelly roll, pinch down ends, fold ends under, & place in greased pans. Cover and let rise 1 hour til doubled. Bake at 375f for 40 minutes, cool on wire racks, serve. Makes 4 large loaves.

---------- Recipe via Meal-Master (tm) v7.05

Title: Piney Woods Hush Puppies
Categories: Breads, Texas
Servings: 48

2 1/2	c	Yellow Corn Meal	1	tb	Baking Powder
1	ts	Soda	1		Egg, beaten
1	ts	Salt	2	c	Buttermilk
2	tb	Granulated Sugar	1 1/2	c	Cooking Oil (about)
2	tb	All-Purpose Flour			

Mix all dry ingredients; beat milk and egg together and combine with dry ingredients; batter should hold its shape when picked up in spoon. If it is too soft, add more cornmeal. Drop by molded Tablespoon into 350"F fat and cook about 1 1/2 minutes; turn and cook on second side 1 minute. Allow oil to heat a few seconds after removing a batch. Delicious freshly cooked and hot; however, leftover hush puppies freeze well. When ready to serve frozen hush puppies, place on oven rack in preheated 250"F until very hot and crisp. Makes about 48 hush puppies 2" round. Hints on frying: Using a small diameter heavy saucepan allows using a minimum oil; a 5 or 6 inch pan with oil 1 1/2 inches deep and heated to 350"F will cook three hush puppies in about 2 1/2 minutes. When batter consistency is correct and oil is at 350"F, hush puppies will become firm, round shapes almost as soon as they enter the hot oil. If they are cooked in oil that is too hot, they will not cook in the center. Serving suggestions: Especially good served with fried catfish, trout, shrimp, oysters, chicken or chicken-fried steak. Source: Texas Recipes from Texas Places v1

---------- Recipe via Meal-Master (tm) v7.05

Title: Smackin Cracklin Cornbread
Categories: Breads
Servings: 8

2	c	Self-rising corn meal	1 1/2	c	Buttermilk
1	ts	Sugar	1	tb	Flour
1/4	ts	Salt	2	ts	Melted butter
1 1/2	c	Crackers	1 1/2	c	Cracklins

Mix all ingredients well. Form into two pones. Put additional shortening or drippings on top. Bake at 450 degrees for 20 minutes. You may use a divided iron skillet or cornstick pan. Actually, you can use a regular on skillet if that's all you have.

---------- Recipe via Meal-Master (tm) v7.05

Title: The Peace Maker
Categories: Main dish, Seafood, Breads
Servings: 6

1 c	Rice	1	French bread loaf
36	Oysters	1	Butter, seasoning

Boil the rice and keep hot and dry. Cut off the top crust of the bread. Hollow out the inside. Fry the oysters. Butter the inside of the loaf well and place in the oven to brown. Fill with the hot fried oysters. The top of the loaf of bread may be buttered, toasted and placed on the oysters to retain the heat, although the oysters stay more crispy if served uncovered. Serve on a platter with hot boiled rice which is seasoned, dotted with butter, and garnished with minced parsley and paprika. Yield: 6 servings. Note: A finely minced clove of garlic may be used to flavor the butter. From Rice, 200 Delightful Ways to Serve It

---------- Recipe via Meal-Master (tm) v7.05

Title: Banana And Mango Bread
Categories: Breads
Servings: 2

1 c	Butter	1/4 ts	Grated Fresh Nutmeg
1 1/4 c	Packed Brown Sugar	1 1/2 c	Mashed Ripe Bananas
3	Eggs	1	Small Ripe Mango
3 c	Self-raising flour	1 c	Golden Raisins
1/2 ts	Salt	1/2 c	Chopped Walnuts
1/2 ts	Cinnamon		

* The recipe says to use self-raising cake/pastry flour and the small ripe mango should be peeled and pureed. In a bowl, cream the butter with sugar until fluffy; beat in eggs, one at a time, until incorporated. In another bowl, combine self-raising flour with salt, cinnamon and nutmeg. Combine mashed bananas with mango puree. Mix the dry ingredients and banana mixture, alternately, into the creamed mixture until batter is just combined; fold in raisins and nuts. Pour batter into 2 greased 8 1/2 by 4 1/2 inch loaf pans. Bake at 350 degrees for 50 - 60 minutes or until cake tester inserted in the centre tests done. Leave in pan for 10 minutes; remove form loaf pans and let cool on racks. Makes 2 loaves. From The Gazette, 91/02/13.

---------- Recipe via Meal-Master (tm) v7.05

Title: Cherry cheddar bread
Categories: Breads
Servings: 1

2 1/2 c	Flour	1 1/4 c	Milk
1/2 c	Sugar	1	Egg, beaten
1/2 c	Brown sugar, packed	3 tb	Oil
3 ts	Baking powder	1 1/4 c	Sweet cherries, frozen
1 ts	Salt	1 1/4 c	Cheddar cheese, shredded

Combine flour, sugar, brown sugar, baking powder and salt. Combine milk, egg and oil; pour over dry ingredients and stir just enough to dampen. Gently fold in cherries and cheese. Pour into greased 9 1/4 X 5 1/4 X 2 3/4 inch loaf pan. Bake at 350F 55-65 minutes or until wooden pick inserted near center comes out clean. Cool on rack 10 minutes; remove from pan. Cool completely before serving. Serve at room temperature, or toasted.

---------- Recipe via Meal-Master (tm) v7.05

Title: Hot Cross Buns
Categories: Breads
Servings: 24

4	1/2 c	All-Purpose Flour	1/4	c	Melted Butter
	1/3 c	Granulated Sugar	2		Eggs, beaten
	2 tb	Quick Rise Instant Yeast	1	c	Raisins or part currants
	1 ts	Salt	1/2	c	Mixed Candied Peel
	2 ts	Cinnamon	1 1/2	c	Icing Sugar
	1/2 ts	Grated Nutmeg	2	tb	Milk
	2 c	Warm Water			

In a large mixing bowl, combine the flour, sugar, yeast, lemon rind, salt cinnamon and nutmeg. Stir in warm water and butter, then beaten eggs. Using a wooden spoon, vigorously stir dough until smooth and elastic. Stir in raisins and candied peel. Scrape down sides of bowl, cover with a clean dry towel and stand for 10 minutes. Grease 24 medium to large-sized muffin cups and spoon in batter -- no more than 2/3 full. Brush tops with melted butter. Cover and let rise in a warm place until almost double, about 20 - 30 minutes. Bake in an oven preheated to 375 degrees for about 20 minutes or until tops are browned. Let cool on wire racks until warm, about 10 - 15 minutes. Combine icing sugar with milk until smooth; place in a piping bag or spoon on top of buns to make crosses. Makes 24 buns. From The Gazette, 91/02/27.

---------- Recipe via Meal-Master (tm) v7.05

Title: MISSISSIPPI CORNBREAD ROBERT
Categories: Breads
Servings: 6

2	c	Stoneground white cornmeal	2		Large eggs
1	ts	Baking soda	2	c	Buttermilk
1	ts	Salt	1/3	c	Bacon drippings or Crisco

Preheat oven to 450 degrees F. Place bacon drippings or Crisco in 9-inch cast iron skillet. Heat skillet in oven until fat is smoking hot, while preparing batter. (This should take no more than 5-10 minutes.) Thoroughly combine cornmeal, baking soda, and salt in medium bowl. Add eggs and buttermilk all at once. Blend thoroughly, using wire whisk. Slowly pour all but 1 tablespoon of hot fat into batter, continuing to beat quickly with whisk to incorporate fat. Turn skillet around to coat sides and bottom thoroughly with remaining fat. Pour batter into skillet. Bake on top rack of oven for 25-30 minutes, or until top of cornbread is firm. Turn cornbread onto plate and slip back into skillet upside-down. Return to oven for 5 minutes. Turn out onto rack, cut into 6 wedges and serve immediately.

---------- Recipe via Meal-Master (tm) v7.05

Title: Poppy Seed Bread
Categories: Breads
Servings: 3

1		Box of yellow cake mix	1/2	c	Cooking sherry
4		Eggs	1		Small vanilla inst. pudding
1	c	Oil	1/4	c	Poppy seed
8	oz	Sour cream			

Combine all and mix well. Put in 3 small floured pans. Cook 325 degrees 1 hour.

---------- Recipe via Meal-Master (tm) v7.05

Title: Amy's Cornbread
Categories: Breads
Servings: 4

1 pk	Frozen brocoli	1	Med. onion
2 c	Grated chedder sharp cheese	1	Box jiffy cornbread mix

Bake in glass pan for 25-30 minutes at 400 degree.

---------- Recipe via Meal-Master (tm) v7.05

Title: Deb's Breakfast Cake
Categories: Breads
Servings: 10

1 pk	Forzen rich's rolls	1/2 c	Brown sugar
1	Stick of butter	1/2 c	Pecans
1 pk	Small vanilla pudding		

Place frozen rolls in bundt pan. Melt butter and pour over rolls. Mix pudding, brown sugar and nuts togehter. Sprinkle mixture over rolls. Cover pan with paper towel or waxed paper and let rise overnight.
Bake 350 degree oven for 30 minutes.

---------- Recipe via Meal-Master (tm) v7.05

Title: Monkey Bread
Categories: Breads
Servings: 6

1/2 c	Pecans	3 cn	Biscuits
1 ts	Cinnamon	1	Stick of butter
1/2 c	Sugar	1 c	Brown sugar

Place pecans in bottom of Bundt pan. Combine cinnamon and sugar. Cut each biscuit into quarters and roll in sugar mixture. Stack biscuits in pan. Combine butter and brown sugar. Pour over biscuits. Bake 30-40 minutes at 350.
